

Resources for Managing Parkinson's Disease (PD)

For a digital copy of this handout, please visit go.osu.edu/pted4938.

Education

Parkinson's Foundation

- Contact the Helpline:
M-F, 9 a.m. to 7 p.m.
Phone: 1-800-473-4636
Email: Helpline@Parkinson.org
- Visit the PD Library:
parkinson.org/resources-support/pd-library
Use the filters to search by language (English, Español), types (audiobooks, fact sheets, podcasts, videos & webinars, books), and topics.
- Listen to a "Substantial Matters" podcast:
parkinson.org/resources-support/online-education/podcast
Treatments, techniques, and the latest research on PD are discussed to help you live a better life.

The Michael J. Fox Foundation, michaeljfox.org

- Use the "Understanding Parkinson's" menu to learn about PD, find topics specific to the Parkinson's journey, and find other education and inspirational topics.
- For resources in Spanish (Español), please visit michaeljfox.org/conociendo-la-enfermedad-de-parkinson.

Find a PD therapist

- To find a physical therapist specializing in neurologic conditions, visit choosept.com/find-a-pt.
- To find a speech, occupational, or physical therapist certified in Parkinson's specific LSVT® therapies, visit lsvtglobal.com/LSVTFindClinicians.
- To find a physical, occupational, or exercise professional certified in PD-specific PWR!MOVES, visit pwr4life.org/professional-directory.
- To find a speech therapist certified in PD-specific voice therapy, visit parkinsonvoiceproject.org/program/find-a-provider.



Group education, exercise, and voice classes

- **Ohio State Live Well with Parkinson's Community Classes:**
Visit wexnermedical.osu.edu/PDfitness to learn about and register for our group education, exercise, and voice classes. If you have questions about any of our classes, please email OSULiveWellPD@osumc.edu for more information.
- **OhioHealth Parkinson's Classes and Support:**
Visit ohiohealth.com/health-and-wellness/classes-and-events and from the "Filter by Category" option, select "Neuro - Parkinson's - Classes/Support" to view available classes.
- **Parkinson's Foundation, PD Health @ Home:**
Visit parkinson.org/resources-support/online-education/pdhealth for virtual education and wellness programs on mindfulness, wellness, and fitness.
- **PDNextSteps:**
Visit pdnextsteps.com to learn about this private gym and their goal to help provide fitness options for people diagnosed with Parkinson's disease.
- **PWR! Virtual Experience:**
Visit exerciseforbrainchange.org to learn about their guided exercise memberships to improve your balance, flexibility, strength, and posture.
- **Total Health Works:**
Visit totalhealthworks.com to learn about their online exercise and wellness programs for Parkinson's and brain health.
- **Westerville Community Center Parkinson's Wellness Class:**
Visit parks.westerville.org/registration-rentals, go to Online Registration on left side of page, then enter 'Parkinsons' in the search.

This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.