

PARKINSON'S DISEASE: ORGANIZATIONS AND RESOURCES

(1) American Parkinson Disease Association (APDA)

<https://www.apdaparkinson.org>

(2) Inova Parkinson's and Movement Disorders Center (IPMDC)

<https://www.inova.org/our-services/inova-parkinsons-and-movement-disorders-center>

Stay up to date about our educational, wellness, and supportive programs through our weekly e-newsletter *IPMDC News*.

<https://ipmdc.org/newsletter/>

IPMDC Programs Online

<https://ipmdc.org/programs-online/>

PARKINSON'S JOURNEY

2nd Tuesday of each month from 2:30pm – 3:30pm *[NOTE: No program in April, resumes on May 13, 2025]*

Details at https://ipmdc.org/parkinsons_journey/ *Designed for everyone who cares for someone with Parkinson's & related movement disorders*, this program offers tools, resources, and community support.

RECENTLY DIAGNOSED

3rd Tuesday of each month from 2:30 pm – 3:30 pm *[NOTE: No program in April, resumes on May 20, 2025]*

Details at <https://ipmdc.org/recently-diagnosed/>

With Josefa Domingos and John Dean.

VOICE, SPEECH AND COMMUNICATION

Every Tuesday from 12:00 noon – 12:45 pm

Details at <https://ipmdc.org/voice-speech-communication/>

Speech language pathologist and Parkinson expert, John M. Dean teaches this class.

(3) Michael J. Fox Foundation for Parkinson's Research

<https://www.michaeljfox.org>

Parkinson's 369 Resource Guide

https://www.michaeljfox.org/form/2019-pd-360-gated-content-form?em_cid=mc-a1bVL000001Y537

(4) Parkinson Foundation of the National Capital Area (PFNCA):

<https://parkinsonfoundation.org/>

Your Free Parkinson's Resources

<https://parkinsonfoundation.org/parkinsons-disease-resources>

“We’re All Shook Up” blog archives: “A conversation among friends about Parkinson’s disease. A few members of the Parkinson Foundation of the National Capital Area – each one personally facing Parkinson’s – share their experiences.”

<https://parkinsonfoundation.org/category/blog>

<https://parkinsonfoundation.org/blog/episode-1-were-all-shook-up-the-shock-of-it-all>

(5) Parkinson's UK

<https://www.parkinsons.org.uk/>

Managing Low Blood Pressure and Parkinson's

<https://www.parkinsons.org.uk/information-and-support/your-magazine/experts/managing-low-blood-pressure-and-parkinsons>