

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



Catherine

A guide to our information resources

If you, or someone you care about, have just been diagnosed with Parkinson's, you may want to know more about the condition.

We've worked with people affected by Parkinson's to develop a range of free resources to help answer your questions.

See the back pages for details of how to order.

We're Parkinson's UK – the UK's largest Parkinson's support and research charity. We're committed to finding a cure and improving life for everyone affected by Parkinson's.

We became Parkinson's UK in 2010 and are in the process of updating all our materials.



Look out for the Information Standard mark on the back of our health and social care resources. This quality mark is supported by NHS England and helps you choose reliable and accurate information.



Join us

We provide information for everyone affected by Parkinson's – but only our members receive copies of our quarterly magazine, *The Parkinson*. Each issue is jam-packed with news, stories, letters and top tips for getting the most out of life. As well as receiving the magazine, you'll also be able to join one of 360 Parkinson's UK local groups.

Joining costs just £4 a year for UK members and £15 for overseas membership. Find out more by calling **020 7932 1344**, emailing membership@parkinsons.org.uk or visiting parkinsons.org.uk/join

About Parkinson's

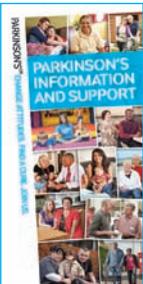


A quick introduction to Parkinson's

A leaflet about Parkinson's and the support we offer.

English (L001)

Welsh (L001W)



Parkinson's information and support

This leaflet explains all the different ways you can access information and support about Parkinson's.

English (L025)

Polish (L025POL)

Urdu (L025U)

Bengali (L025B)

Punjabi (L025P)

Welsh/English

Gujarati (L025G)

Turkish

(L025W)

Hindi (L025H)

(L025TUR)



Parkinson's and you

An introductory guide for people who have been diagnosed with Parkinson's, and their family and friends. It features the experiences of others in the same situation, as well as information about symptoms, treatments and who can help.

English (B181)

Hindi (B181H)

Turkish (181TUR)

Audio (181AUD)

Polish (B181POL)

Urdu (B181U)

Bengali (B181B)

Punjabi (B181P)

Welsh (B181W)

Gujarati (B181G)



Being there DVD

A DVD for people who have been diagnosed with Parkinson's, and their family and friends. It provides an insight into symptoms and treatments, and includes interviews with people with Parkinson's, carers and healthcare professionals. Includes subtitles. (V012)



Living with Parkinson's

This booklet looks at how, as Parkinson's progresses, it can affect your day-to-day life – and what you and others can do to manage this. (B077)



Parkinson's alert card

A card to carry in case you're having difficulties with movement or communication. (M014)

Information sheets

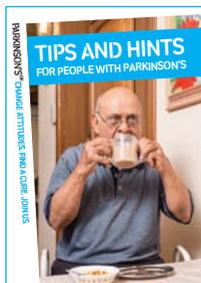
Diagnosing Parkinson's (FS48)

Drug-induced parkinsonism (FS38)

Juvenile Parkinson's (FS85)

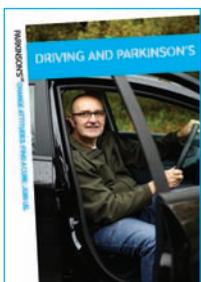
Parkinsonism (FS14)

Symptoms and lifestyle



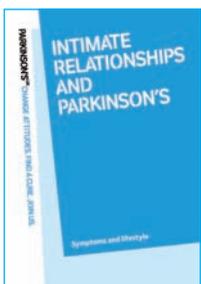
Tips and hints for people with Parkinson's

This booklet is a collection of tips and hints that can make everyday life easier. They have been suggested by people with Parkinson's, their carers, Parkinson's UK staff and health and social care professionals. (B011)



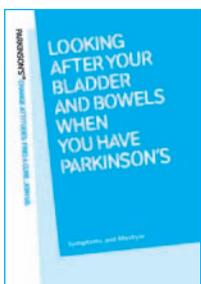
Driving and Parkinson's

This booklet is for anyone with Parkinson's who drives. It outlines your rights and obligations, and answers frequently asked questions. (B064)



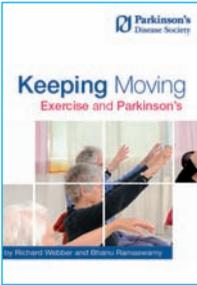
Intimate relationships and Parkinson's

A booklet exploring how Parkinson's can affect relationships, including the possible impact on self-image and sexual functioning. It offers tips and information about overcoming any difficulties. (B034)



Looking after your bladder and bowels when you have Parkinson's

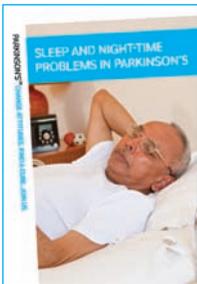
A practical guide to bladder and bowel care. (B060)



Keeping moving – exercise and Parkinson's

This booklet outlines exercises that are helpful for those in the earlier stages of Parkinson's, but can be tried by anyone (B074).

The booklet comes with a [Keeping Moving DVD](#) to follow at home (V011)



Sleep and night-time problems in Parkinson's

This booklet explores some of the things that can cause sleep problems in people with Parkinson's and what can be done to help. (B070)



Diet and Parkinson's

This booklet includes general information about diet and Parkinson's, including tips on shopping, cooking and eating. (B065)



Employment and Parkinson's

A booklet to help people with Parkinson's and their carers make decisions about their working lives. It includes details about legal rights in the workplace, how you can adapt the way you work and what your options are for the future. (B103)



Going into hospital when you have Parkinson's (B182)

This booklet is for anyone who goes into hospital as a planned admission, or in an emergency.

Information sheets

[Anxiety and Parkinson's \(FS96\)](#)

[Depression and Parkinson's \(FS56\)](#)

[Iselder a Parkinson \(FS56W\)](#)

[Freezing in Parkinson's \(FS63\)](#)

[Keeping a diary: people with Parkinson's \(FS69\)](#)

[Pregnancy and Parkinson's \(FS19\)](#)

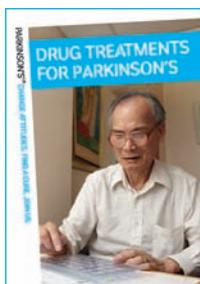
[Talking to children about Parkinson's \(FS66\)](#)

[Talking to people about Parkinson's \(FS88\)](#)

[Tremor and Parkinson's \(FS94\)](#)

[Wearing off and involuntary movements \(dyskinesia\) \(FS73\)](#)

Treatments and therapies

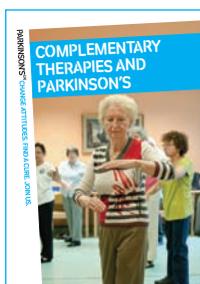


Drug treatments for Parkinson's

A booklet about the medications currently available to treat Parkinson's, including information about how they work and their side effects. (B013)

Non-motor symptoms questionnaire

A questionnaire for you to complete before visiting your doctor or Parkinson's nurse to help them to assess any non-motor Parkinson's symptoms, such as depression, constipation and pain. (B117)



Complementary therapies and Parkinson's

A booklet about complementary therapies and how they may help people with Parkinson's. It looks at the benefits and risks of complementary therapies and how to find a therapist. (B102)

Information sheets

Occupational therapy and Parkinson's (FS97)

Physiotherapy and Parkinson's (FS42)

Speech and language therapy (FS07)

Talking to your GP, specialist or Parkinson's nurse about Parkinson's (FS71)

Family and carers



The carer's guide

This guide for people who support someone with Parkinson's looks at where to find help and emotional support, and ways to deal with changing circumstances. (B071)

[Audio version](#) (B71C)



[My dad has Parkinson's](#) (B089)

[My mum has Parkinson's](#) (B088)

[My gran has Parkinson's](#) (B086)

[My grandad has Parkinson's](#) (B087)

These illustrated books are aimed at children aged between three and seven. They describe some of the symptoms of Parkinson's in a way that young children can understand.



Parkinson's in your life: a guide for teenagers

A booklet for young people aged between 11 and 17 to help them understand Parkinson's. (B085)



Our mum has Parkinson's

An illustrated book for children aged eight to 11 who have a parent with Parkinson's. It tells the story of Megan and how she, her brother and sister cope with their mum's Parkinson's. (B038)

Information sheets

Carer's Allowance (WB08)

Keeping a diary: for carers (FS70)

Parkinson's UK

215 Vauxhall Bridge Road
London SW1V 1EJ

Free* confidential helpline **0808 800 0303** (Monday to Friday
9am–8pm, Saturday 10am–2pm). Interpreting available.

Text Relay **18001 0808 800 0303** (for textphone users only)

hello@parkinsons.org.uk

parkinsons.org.uk

*calls are free from UK landlines and most mobile networks.

How to order

Just complete this order form in BLOCK CAPITALS and send it to:

Parkinson's UK

PO Box 485

Grays

RM17 7HY

or fax it to **01375 484 556**

You can also call to place an order on **0845 121 2354** or email **resources@parkinsons.org.uk**

All of our resources are free of charge, including delivery.

Large print

All of our resources are available in large print. Please let us know what you need when you place your order.

We usually expect orders to be delivered within 14 working days, but it may take longer in times of high demand.

Title

First name Surname

Address

.....

..... Postcode

Telephone

Email

Please provide a telephone number and/or email address in case we need to contact you about your order. You don't have to tell us this information, but it will help us to contact you quickly if we have a question.

Finally, we'd like to find out a little more about you. This information is recorded and analysed anonymously and is not linked to your name or contact information. You don't have to tell us this information, but it will help us improve our services. Please tell us, are you:

- A person with Parkinson's A health or social care professional
 A family member or friend of someone with Parkinson's
 Prefer not to say Other



Audio, large print and other language versions can be found on the last page.

Title	Code	Quantity
About Parkinson's		
A quick introduction to Parkinson's	L001	
Parkinson's support and information	L025	
Parkinson's and you	B181	
Being there DVD	V012	
Living with Parkinson's	B077	
Parkinson's alert card	M014	
Diagnosing Parkinson's	FS48	
Drug-induced parkinsonism	FS38	
Juvenile Parkinson's	FS85	
Parkinsonism	FS14	
Symptoms and lifestyle		
Tips and hints for people with Parkinson's	B011	
Driving and Parkinson's	B064	
Intimate relationships and Parkinson's	B034	
Keeping moving – exercise and Parkinson's	B074	
Keeping moving DVD	V011	
Employment and Parkinson's	B103	
Diet and Parkinson's	B065	
Looking after your bladder and bowels when you have Parkinson's	B060	
Sleep and night-time problems in Parkinson's	B070	
Anxiety and Parkinson's	FS96	
Depression and Parkinson's	FS56	

Title	Code	Quantity
Symptoms and lifestyle (continued)		
Freezing in Parkinson's	FS63	
Keeping a diary: people with Parkinson's	FS69	
Wearing off and involuntary movements (dyskinesia)	FS73	
Pregnancy and Parkinson's	FS19	
Talking to children about Parkinson's	FS66	
Talking to people about Parkinson's	FS88	
Tremor and Parkinson's	FS94	
Treatments and therapies		
Drug treatments for Parkinson's	B013	
Non-motor symptoms questionnaire	B117	
Complementary therapies and Parkinson's	B102	
Going into hospital when you have Parkinson's	B182	
Occupational therapy and Parkinson's	FS97	
Physiotherapy and Parkinson's	FS42	
Speech and language therapy and Parkinson's	FS07	
Talking to your GP, specialist or Parkinson's nurse about Parkinson's	FS71	
Family and carers		
The carer's guide	B071	
My dad has Parkinson's	B089	
My mum has Parkinson's	B088	
My gran has Parkinson's	B086	
My grandad has Parkinson's	B087	
Our mum has Parkinson's	B038	
Parkinson's in your life: a guide for teenagers	B085	
Carer's Allowance	WB08	
Keeping a diary: for carers	FS70	



Title	Code	Quantity
Audio versions		
Parkinson's and you	B181AUD	
The carer's guide	B71C	
Other languages		
Bengali – Parkinson's and you	B181B	
Bengali – Support and information	L025B	
Gujarati – Parkinson's and you	B181G	
Gujarati – Support and information	L025G	
Hindi – Parkinson's and you	B181H	
Hindi – Support and information	L025H	
Polish – Parkinson's and you	B181POL	
Polish – Support and information	L025POL	
Punjabi – Parkinson's and you	B181P	
Punjabi – Support and information	L025P	
Turkish – Parkinson's and you	B181TUR	
Turkish – Support and information	L025TUR	
Urdu – Parkinson's and you	B181U	
Urdu – Support and information	L025U	
Welsh – Cyflwyniad sydyn i glefyd Parkinson	L001W	
Welsh/English – Cefnogaeth a gwybodaeth	L025W	
Welsh/English – Clefyd Parkinson a chi	B181W	
Welsh/English – Iselder a Parkinson	FS56W	

Parkinson's UK will use your personal information to provide you with the services, products and information you have requested, for administrative purposes and to further our charitable aims. We would like to keep you up to date about our work and how you can help by post, telephone, email and SMS.

Please tick if you would prefer **not** to receive future communications about Parkinson's UK by

Post **Phone** **Email** **SMS**

Please tick this box if you would prefer us **not** to pass your details on to other charities that are supportive of our aims and objectives so they can contact you by post, telephone, email and SMS.

If at any point you want to update your contact details or no longer want to receive our communications, please contact our Supporter Services team on **020 7932 1303**.