

April 2020 Parkinson's Disease Resources

In the midst of the ongoing COVID-19 outbreak and with so many changes and closures in our usual routines, we wanted to share this list of online resources for our patients with Parkinson's Disease. Please be sure to consult your physician or allied health team if you have any questions about safety with exercise.

In this document you will find:

- 1. Shirley Ryan AbilityLab ONLINE monthly Parkinson's Educational Series**
 - 2. Online FREE fitness classes & resources**
 - 3. Online paid fitness classes & resources**
 - 4. Information about COVID-19 & PD**
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1. Shirley Ryan AbilityLab ONLINE Parkinson's Educational Series

Free online educational series for people with Parkinson's Disease and their care partners.

Cognitive, behavior and emotional challenges as well as non-motor symptoms can occur in Parkinson's disease (PD) but are not always discussed at length. Jennifer Goldman, MD, MS and a team of PD experts will lead an exciting and interactive educational and support group program covering an array of topics relevant to neuropsychiatric and non-motor issues in PD. Sessions will feature presentations from our Parkinson's disease care team and guest experts in the field of Movement Disorders.

This ten part series will offer monthly:

- Virtual "live" online webinar sessions on the first Saturday of each month
- Options to view the virtual "live" online webinar sessions on-demand after the "live" event
- Opportunities to view previously recorded sessions on-demand
- Interactive question and answer sessions for people with PD and care partners
- Opportunities to connect with others in the PD community

The Parkinson Foundation has provided a generous grant for this educational series and we offer this invaluable program at no cost to attendees.

For more information see the series flyer [here](#).

To register please contact Doug at 312-238-5911 or email dmerkitch@sralab.org or fill out the online registration form [here](#).

2. Online FREE Fitness classes & resources:

- [re+active free seated exercise video](#)
- [re+active free YouTube channel \(education and exercise\)](#)
- [re+active PD Exercise Education playlist](#)
- [Brian Grant Foundation Free Exercise videos](#)
- [Dance for PD, \(full digital class archive available free of charge, plus DVD discount\)](#)
- [Free Yoga Classes, archived plus free classes on Wed \(Northwest Parkinson Foundation\)](#)
- [Free online content and Paid online classes and coaching with Sarah King, PT, DPT or YouTube for free](#)
- [Movement Revolution \(free online exercise videos and individualized programs\)](#)
- [NeuroFit BC, Naomi Casiro, PT \(free online exercise videos\)](#)
- [Power for Parkinsons \(free home video series\) founded by MD and psychotherapist](#)
- [PWR!Moves with Claire McLean, PT, DPT \(free videos series on YouTube\)](#)
- [The Parkinson Fitness Project, Nate Coomer \(free 30 day trial\)](#)
- Nordic Pole Walking instructional videos:
 - Urban Poling: <https://urbanpoling.com/getting-started/>
 - PWR!Moves Poles: <https://www.youtube.com/watch?v=rR4wIWZThf8>
 - Nordic Pole tech: https://www.youtube.com/watch?v=fJY6_DLJ2Kg
- [Parkinson's Exercise Essentials](#)
- [Power for Parkinson's Strength & Balance](#)
- [Parkinson's Home Exercise Class, Brain Teasers and More](#)
- [Power for Parkinson's Move & Shout](#)
- [Power for Parkinson's Brain & Body Challenge](#)
- [Parkinson's Home Speech Therapy Workout](#)
- [Meditation](#)

3. Online paid fitness classes & resources:

- [re+active PT \(online PD-specific classes, monthly fee\)](#)
- [Delay the Disease through Wellthon \(\\$49 special offer for the first month\)](#)
- [PD Warrior \(paid 10-week challenge\)](#)
- [Rogue Physical Therapy and Wellness \(Monthly paid classes, online with Zoom\)](#)
- [The Parkinson's Fitness Project](#)
- [Silver Sneakers Classes for Aging Adults](#)

*Lists initially created by Re+ Active Physical Therapy in Los Angeles, CA and edited by our team members. A special thanks to our partners in the fight against Parkinson's Disease.

4. COVID-19 & PD

The Parkinson's Foundation has some COVID-19 specific material for people with Parkinson's Disease:

- Hospitalization Resources:
 - Please update your Medication Form available [here](#) and place the letter, the form and several days of their current medications (in the original bottle) inside of your Aware in Care kit bag. If you don't have an Aware in Care kit, you can order one [here](#).
- COVID-19 Patient Information and Recommendation:
 - General information and precautions related to COVID-19 can be found on the Foundation website [here](#).
 - Facebook Live: The Foundation has hosted two events to date. Last week, Ask the Experts: Coronavirus and Parkinson's Disease, was led by National Medical Director, Dr. Michael S. Okun, and infectious disease expert, Dr. Frederick S. Southwick from the University of Florida. On 3/26, Dr. Okun led a Q&A with the PD community.
 - The recordings may be viewed [here](#).
 - Q&A about Coronavirus and PD in Spanish is available here: <https://www.parkinson.org/espanol/coronavirus>.
 - HELPLINE: 1-800-4PD-INFO (473-4636) or email helpline@parkinson.org
- PD Conversations, an online PD community, to connect with others living with PD and be part of a network of support. Visit www.PDConversations.org
- Other helpful resources:
 - [Newly Diagnosed Kit](#)
 - [Medical Alert Card](#)
 - [Fact sheet: Staying Safe in the Hospital with Parkinson's Disease](#)
 - [Aware in Care Kit](#)
 - [Podcasts](#)