



World Parkinson's Awareness Day Event

**Community Resources for Parkinson's
Across Canada**



Plan of Events

- 11:30 - Introductions
- 11:30 - 11:35 - DWP (Sarah Robichaud) - Dance Connect
- 11:35 -11:40 - U-Turn Parkinson's (Jordana Hague) - Empower-U
- 11:40- 11:45 - Parkinson's Association of Alberta (Lana Tordoff) - General
- 11:45 - 11:50 - Parkinson Canada (Michelle Huemer)- Care Finder
- 11:50-11:55 - Parkinson Wellness Projects (Delilah Smyth) - General
- 11:55 - 12:00 - Improv for Work and Wellness (Quinn Contini) - Parkinson's Improv Group
- 12:00- 12:05 - Parkinson Quebec (Alexandre Taboureau) - Video
- 12:05-12:10 - PD Avengers (Wellness Committee - Tim Hague)- Exercise & Wellness Portal
- 12:10-12:15 - U-Turn Parkinson's (Tim & Jordana Hague) - Sit to Stand Challenge



DANCE WITH US!
365 DAYS A YEAR, FROM WHEREVER YOU ARE!



www.dancingwithparkinsons.com



**U-Turn
Parkinson's**

U-Turn Parkinson's is a wellness centre for individuals living with Parkinson's disease!

It is the only organization offering condition-specific exercise and wellness programs, free of charge, to the Parkinson's community in Manitoba.

Programs are available in person in Winnipeg, live online for those across Canada, and through pre-recorded videos on our website!

Visit our Website:
www.uturnparkinsons.org

Contact Us:
info@uturnpd.org
1 (204) 510-4869





A source for

support education inspiration

for people impacted by
Parkinson disease and
Parkinson's Plus Syndromes.



● www.parkinsonassociation.ca

● 1-800-561-1911

Parkinson

THINKING, MEMORY & CONCENTRATION PROGRAM

6-WEEK ONLINE PROGRAM TO
ENGAGE OUR BRAINS AND KEEP THEM HEALTHY!

- 4 PROGRAM INTAKES PER YEAR
- FRIDAY'S AT 1:30PM





CareFinder

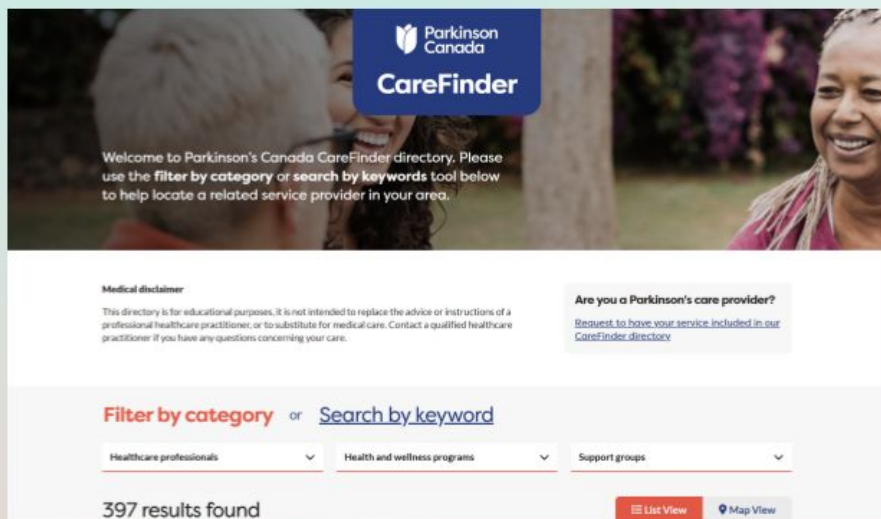
April 11, 2024

CareFinder: Tailored Parkinson's Care at Your Fingertips

- Born out of the lived experiences of those with Parkinson's and the collective aspiration of our community.
- CareFinder is an innovative, user-friendly online directory designed to connect you with Parkinson's-informed services based in your location.
- Simply enter what you are searching for, add your postal code, and access a community of support, from movement disorder specialists to essential wellness programs.

CareFinder at a Glance

Try CareFinder here, <https://carefinder.parkinson.ca>



The screenshot shows the top section of the CareFinder website. At the top left, there is a blue box with the Parkinson Canada logo and the text 'CareFinder'. Below this, a welcome message reads: 'Welcome to Parkinson's Canada CareFinder directory. Please use the **filter by category** or **search by keywords** tool below to help locate a related service provider in your area.' To the right of the welcome message is a photograph of three people smiling. Below the welcome message, there are two columns of text. The left column is titled 'Medical disclaimer' and contains a disclaimer about the directory's purpose. The right column is titled 'Are you a Parkinson's care provider?' and contains a link to request inclusion in the directory. Below these columns, there are three dropdown menus for filtering: 'Healthcare professionals', 'Health and wellness programs', and 'Support groups'. At the bottom of the screenshot, it says '397 results found' and has two buttons: 'List View' and 'Map View'.

Parkinson Canada
CareFinder

Welcome to Parkinson's Canada CareFinder directory. Please use the **filter by category** or **search by keywords** tool below to help locate a related service provider in your area.

Medical disclaimer
This directory is for educational purposes. It is not intended to replace the advice or instructions of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

Are you a Parkinson's care provider?
[Request to have your service included in our CareFinder directory](#)

Filter by category or **Search by keyword**

Healthcare professionals | Health and wellness programs | Support groups

397 results found

List View | Map View

Request to Join CareFinder

- We are committed to the ongoing expansion of CareFinder, actively seeking diverse resources to better support the Parkinson's community.
- Link: [Request to join CareFinder - Care Finder \(parkinson.ca\)](#)
- For any questions or feedback, please reach out to us at carefinder@parkinson.ca.

Request to join CareFinder

Name *

First

Last

Name of your facility *

Type of care provided *

Enter the specific type of Parkinson's care provided. Example: Home Care, Rehabilitation Center, exercise program etc.

Additional Supports

- The Parkinson Canada Information and Referral Helpline is a toll-free Canada-wide number for people living with Parkinson's, their caregivers and health care professionals. We provide free and confidential non-medical information and referral services.
- For more information about other Parkinson Canada program offerings such as webinars, educational publications, peer support programs and more, reach our Information & Referrals team.
- 1-888-664-1974

Parkinson Wellness Projects



PWP

Parkinson Wellness Projects

- PWP is a non-profit wellness centre in Victoria, BC. Our goal is to help improve the lives of people living with Parkinson's disease, along with their care partners and families.
- We provides exercise classes, support groups, counselling, education, and one-on-one assessments.
- All of our services are available in person or online, and everyone is welcome regardless of where they are in their Parkinson's journey.
- There are no fees to participate in any of our programs, or use any of our services. Rather, we rely 100% on donations and community grants.

Website: parkinsonwellness.ca

Phone: 250-360-6800 Email: info@parkinsonwellness.ca

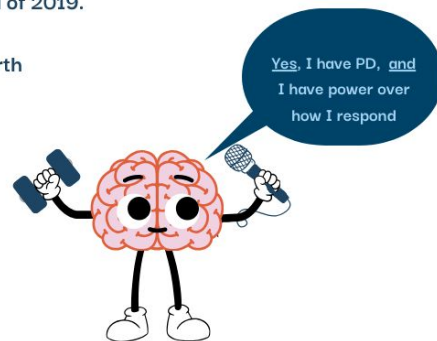
IMPROV FOR PARKINSON'S

WHO ARE WE?

Improv for Work and Wellness has offered Improv for Parkinson's courses since the fall of 2019.

More than 160 people with Parkinson's have taken these courses. We have founded North America's first Improv Performance Troupe entirely composed of PWP.

Learn more at <https://improvforworkandwellness.com/>



LEVEL 1

LEVEL 2

PD PERFORMANCE TROUPE

WHAT'S THE PROGRAM?

Exercise slows the progression of PD. We use improvisational theatre to exercise the mind, supporting cognitive health by targeting word search, working memory, creativity, and emphasizing facial and other physical expression. Improv for Parkinson's Level 1 and Level 2 are both 6 week courses offered on Zoom!

Our Level 1 course is FREE thanks to the generous sponsorship of  Parkinson Canada

WHAT ARE THE BENEFITS?

Participants report primary outcomes of:

- Enhanced creativity
- Increased self confidence
- Surmounting fear and anxiety with laughter
- Learning to better accept the risk of the unknown
- Improved sense of self as a PWP
- Positive social connection and community

TESTIMONIALS

"It makes me completely forget I have Parkinson's and leaves me on a high."

"Closing up is something that Parkinson's does to us, so anything to open us up is important"

"So willing and open to step out into the unknown"

"Fun, exploration, growth"



[Menu](#) [Insight into Parkinson's](#)



English ▾

Join PD Avengers

GLOBAL ALLIANCE TO END
PARKINSON'S DISEASE

NEW!

EXERCISE
TOUGHENS
THE SPIRIT

FREE Exercise and Wellness Classes Portal
powered by



U-Turn
Parkinson's



Stand Up To Parkinson's

A Global Movement to Slow the Progression of Parkinson's Through Exercise

April 11, 2024



2 Million Sit to Stands for the 2 Million People Affected by Parkinson's Around the World!

Thank you for Participating!

If you have any questions about the resources you saw here today, please reach out to the respectful organizations for more information.

If you have a general question regarding the presentation, please contact:

U-Turn Parkinson's

1 (204) 510-4869

info@uturnpd.org