



# Care Partner Parkinson's Disease Resources

## Support Groups

### Caregiver Forum

The PDWELL Caregiver Forum provides a place for caregivers in a virtual space.

**Date:** Wednesdays

**Time:** 2:00 CST

Register for this free group at

<https://pdwell.com/event/pdwell-membership-3/>.

### Parkinson's Caregiver Support Group

UNMC/ Nebraska Medicine hosts a monthly virtual support group for those who care for a person with Parkinson's.

**Date:** 1<sup>st</sup> Monday of the month

**Time:** 7:00 pm CST

Register for this free group at

<https://bit.ly/36U7j6z>.

### Parkinson's Disease Care Partners

The Parkinson's Disease Care Partners support group for caregivers meets monthly in Omaha.

**Date:** 2<sup>nd</sup> Wed of the month

**Time:** 10:00 am CST

Contact group facilitator, Marsha Moon, for more information at 402-455-1485

[reducation@hotmail.com](mailto:reducation@hotmail.com).

### Resilience Online! Support Group: Care Partners

Join other care partners on Zoom to share tips, ask questions, and get social.

**Date:** Thursdays

**Time:** 4:30 pm CST

Launch the Resilience Online™ Support Group for Care Partners at

<https://bit.ly/3dilOCg>.

### Resilience Online! Support Group: Individuals with Loved Ones in a Facility

Join others whose loved ones are in a facility on Zoom to share tips, ask questions, and get social with others about this unique experience.

**Date:** Fridays

**Time:** 3:00 pm CST

Launch the Resilience Online™ Support Group for Individuals with Loved Ones in a Facility at <https://bit.ly/36WFhaE>.

### Life After Parkinson's (LAP)

The Life After Parkinson's support group is for caregivers whose loved one's battle with PD has come to an end.

**Date:** 2<sup>nd</sup> Wed of the month

**Time:** 9:30 am CST

Contact group facilitator, Kay Sieck, for more information at 402-677-2099 or

[krsieck@cox.net](mailto:krsieck@cox.net).

## Webinars

### Care Partner Summit | Cumbre Para Cuidadores

The Parkinson's Foundation Care Partner Summit | Cumbre Para Cuidadores is designed with care partners in mind and is recommended for anyone caring for someone living with PD, including spouses, partners, children or friends.

Watch the archived Summit sessions at <https://www.parkinson.org/Summit>.

### Family Caregiving Alliance Webinars

The Family Caregiving Alliance webinars provide guidance, strategies, and resources to those who provide care to an individual living with a chronic or disabling health condition.

View the webinars at <https://www.caregiver.org/fca-webinars>.

### Expert Briefings

The Parkinson's Foundation *Expert Briefings* are designed for people with PD, care partners, and health professionals. There are some *Expert Briefings* focused on caregivers.

[Answering Your PD Questions: From Newly Diagnosed to Caregiver Resources](#)  
[Coping with Dementia for Care Partners](#)  
[Communication Strategies for Optimal Success](#)  
[Financial, Legal, and Medical Planning Tips for Care Partners](#)  
[Cognitive Issues: Advice for Parkinson's Care Partners](#)

View *Expert Briefing* webinars at <https://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/PD-ExpertBriefings-Webinars>.

### Mental Wellness for Parkinson's Care Partners

The Davis Phinney Foundation Live Well TODAY series provides information on *Mental Wellness for Parkinson's Care Partners*. The webinar explores common challenges of being a care partners, signs of burnout, strategies to avoid burnout, and a roadmap for daily mental health care for care partners.

View the webinar at <https://davisphinneyfoundation.org/pf/webinar-mental-wellness-for-parkinsons-care-partners/>.

## Ask the MD

The Michael J. Fox Foundation helps people with Parkinson's and their loved ones navigate life with Parkinson's through research, blogs, and discussions with a movement disorder specialist. There are some videos in the series focused on caregiving.

[Being a Care Partner in Parkinson's](#)  
[Visiting with Family Who Have Parkinson's](#)  
[Caregiving and Parkinson's](#)

View past Ask the MD webinars at <https://www.michaeljfox.org/ask-md>.

## Guides & Resources

### You, Your Loved One and Parkinson's Disease

The Michael J Fox Foundation You, Your Loved One and Parkinson's Disease Guide provides caregivers with advice on what to do after diagnosis, PD and marriage, maintaining friendships, and self-care.

Download the digital guide at <https://www.michaeljfox.org/form/caregiving-guide>

### Parkinson's Disease Care Partner Guide: When Your Loved One is in a Senior living Facility

The Parkinson's Foundation and AARP teamed up to provide information and advice for caring for a loved one in a living facility, such as assisted living or a nursing home.

View the digital guide at <https://www.parkinson.org/sites/default/files/attachments/Care-Partner-Guide-Senior-Living-Facility.pdf>.

### Prepare to Care: A Resource Guide for Families

The AARP *Prepare to Care: A Resource Guide for Families* was developed to help make the job of caring for a loved one more manageable. It includes information on how to have conversations with older family members, organize important documents, assess loved one's needs, and locate important resources.

View the digital guide at <https://www.parkinson.org/sites/default/files/AARPResources.pdf>.

### The Parkinson's Care Partner's Digital Toolbox

The Davis Phinney Foundation's Care Partner Toolkit includes worksheets, apps, websites, and advice from people who have been caring for someone with Parkinson's.

View the digital toolbox at <https://davisphinneyfoundation.org/parkinsons-care-partners-digital-toolbox/>.

## Caring and Coping

The Parkinson's Foundation *Caring and Coping* book is full of caregiving tips, stories, tools, and quizzes to make the caring experience as productive as possible with the least amount of stress at every stage.

Read the digital book at <https://www.parkinson.org/pd-library/books/caring-and-coping>.

## For Caregivers

The Parkinson's Foundation provides caregivers with information on beginning the PD journey, self-care, outside help, home care, and more.

<https://www.parkinson.org/Living-with-Parkinsons/For-Caregivers>

## Care Partners

The Davis Phinney Foundation provides diverse resources to care partners from self-care, avoiding burn-out, how to talk to your family, and more.

View the resources at <https://davisphinneyfoundation.org/category/care-partners/>.

## Caregiver Corner

The Parkinson's Foundation *Caregiver Corner* provides resources blogs, articles, videos and more for Parkinson's caregivers.

<https://www.parkinson.org/blog/caregiver-corner>

## Podcasts

### Michael J Fox Parkinson's Podcast

The Michael J Fox Foundation Parkinson's Podcast hears from scientists, doctors, and people with Parkinson's on different aspects of life with the disease as well as research toward treatment breakthroughs, including episodes about YOPD.

[Being a Care Partner in PD](#)

Listen to more episodes at <https://www.michaeljfox.org/podcasts>.

### The Parkinson's Podcast

*The Parkinson's Podcast* produced by the Davis Phinney Foundation is hosted by Kelsey Phinney, daughter of Davis and Connie. Through her research, education, AND personal experience, Kelsey covers a range of Parkinson's topics.

[Advice for Parkinson's Care Partner's with Connie Carpenter Phinney Perspectives from Adult Children Who Have Parents Living with PD](#)

Listen to more episodes at <https://davisphinneyfoundation.org/the-parkinsons-podcast/>.

## Forums

### PD Conversations

The Parkinson's Foundation PD Conversations is a forum and ask your Parkinson's disease questions, connect with others living with the disease, and be part of a network of support. There is a thread dedicated to caregiving.

#### [Caregiving](#)

View more PD Conversations at <https://www.pdconversations.org/s/>.

## Hotlines & Contact Information

### Parkinson's Foundation Helpline

The Parkinson's Foundation Helpline is staffed by nurses, social workers, and therapists to support the community by providing disease information, symptoms & treatments, health & social care, emotional support, and referrals to local support.

1-800-4PD-INFO (1-800-473-4636)

[helpline@parkinson.org](mailto:helpline@parkinson.org)

Helpline Hours: Monday- Friday 8:00 am- 7:00 pm CST.

### Michael J. Fox Foundation

For more information about caregiver resources provided by the Michael J. Fox Foundation, call 1-800-708-7644.

### Davis Phinney Foundation

For more information about caregiver resources provided by the Davis Phinney Foundation, call 1-866-358-0285 or email [contact@dpf.org](mailto:contact@dpf.org).

### PMD Alliance

For more information about caregiver resources provided by PMD Alliance, call 1-800-256-0966.

### Parkinson's Nebraska

For more information about local and statewide resources across Nebraska, call 402-715-4707 or email [amber@parkinsonsnebraska.org](mailto:amber@parkinsonsnebraska.org).