



# Newly Diagnosed Parkinson's Disease Resources

## Webinars

### Davis Phinney Foundation

The Davis Phinney Foundation provides webinars featuring guest speakers, professionals, and people with Parkinson's that provide information and support for those newly diagnosed with Parkinson's disease.

[Parkinson's 101: A Video for the Newly Diagnosed](#)  
[How to Live Well with Parkinson's for the Newly Diagnosed](#)

View more resources at [www.davisphinneyfoundation.org/?s=newly+diagnosed](http://www.davisphinneyfoundation.org/?s=newly+diagnosed).

### 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 the newly diagnosed.

[Newly Diagnosed: Living Your Best Life](#)  
[Diagnosis PD, Now What? Managing the First Few Years with Parkinson's](#)

View all Expert Briefing webinars at [www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/PD-ExpertBriefings-Webinars](http://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/PD-ExpertBriefings-Webinars).

### 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 those who are newly diagnosed.

[Six Tips for Your First Year with Parkinson's \(And Beyond!\)](#)

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

## Guides & Resources

### If I Knew Then What I Know Now

In this guide, five members of the Michael J Fox Foundation's Patient Council offer insights, wisdom, and practical perspectives on everything from finding acceptance to navigating your doctor's appointments.

Download the digital guide at [www.michaeljfox.org/form/guide-newly-diagnosed](http://www.michaeljfox.org/form/guide-newly-diagnosed).

### Guide for Navigating Parkinson's

The Michael J Fox *Parkinson's 360* walks through different symptoms,. As well as the emotional and social changes that may arise at different points in the journey.

View the digital book at [www.michaeljfox.org/form/2019-pd-360-gated-content-form](http://www.michaeljfox.org/form/2019-pd-360-gated-content-form).

### Newly Diagnosed Kit

The Parkinson's Foundation Newly Diagnosed Kit is designed to help get the newly diagnosed started on the journey to living well with Parkinson's.

[www.parkinson.org/newlydiagnosed#kit](http://www.parkinson.org/newlydiagnosed#kit)

### A Checklist for the Newly Diagnosed

The Davis Phinney *Checklist for the Newly Diagnosed* helps break down the fears, questions, and feelings of loss and sadness that come with a diagnosis. The checklist provides a simple plan that can be put into action quickly to live well now and for years to come.

[www.davisphinneyfoundation.org/parkinsons-newly-diagnosed-checklist](http://www.davisphinneyfoundation.org/parkinsons-newly-diagnosed-checklist)

### Newly Diagnosed: Building a Better Life with Parkinson's

*Newly Diagnosed: Building a Better Life with Parkinson's* is the Parkinson's Foundation campaign working to close the gap between a PD diagnosis and the essential resources that can inspire and support people new to PD.

Access newly diagnosed resources at [www.parkinson.org/newlydiagnosed](http://www.parkinson.org/newlydiagnosed).

### A Primer on Parkinson's for the Newly Diagnosed

The Davis Phinney Foundation *A Primer on Parkinson's for the Newly Diagnosed* helps those who are newly diagnosed navigate to the right information to get started on the path to living well.

Access the article at [www.davisphinneyfoundation.org/a-primer-on-parkinsons-for-the-newly-diagnosed](http://www.davisphinneyfoundation.org/a-primer-on-parkinsons-for-the-newly-diagnosed).

### Parkinson's 360

The Michael J Fox Parkinson's 360 is a set of resources developed by The Michael J. Fox Foundation for anyone whose life has been touched by Parkinson's.

View the resources at [www.michaeljfox.org/parkinsons-360](http://www.michaeljfox.org/parkinsons-360).

### Every Victory Counts Manual

*The Davis Phinney Foundation Every Victory Counts Manual* is a reliable and practical guide for people with Parkinson's their care partners, and friends with resources to help them live well with PD and achieve fitness goals.

Access the *Every Victory Counts* resources at [www.davisphinneyfoundation.org/resources/every-victory-counts-manual](http://www.davisphinneyfoundation.org/resources/every-victory-counts-manual).

## Podcasts

### Substantial Matters: Life and Science of Parkinson's

The Parkinson's Foundation podcast *Substantial Matters: Life and Science of Parkinson's* host Dan Keller, PhD interviews Parkinson's experts to highlight the treatments and techniques that can help people live a better life with Parkinson's, including the newly diagnosed.

[The Newly Diagnosed Experience](#)  
[Seeking a Second Opinion After a PD Diagnosis](#)

Listen to more episodes at [www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Podcast](http://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Podcast).

### 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 the newly diagnosed.

[Six Tips for Your First Year with Parkinson's \(and Beyond!\)](#)

Listen to more episodes at [www.michaeljfox.org/podcasts](http://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, personal experience, and knack for story-telling and interviewing, Kelsey covers topics ranging from Parkinson's basics to advice for the newly diagnosed.

[Advice for the newly Diagnosed with Parkinson's](#)

[A Parkinson's Diagnosis](#)

[Advice for the Newly Diagnosed with Jill Ater](#)

Listen to *The Parkinson's Podcast* at [www.davisphinneyfoundation.org/the-parkinsons-podcast](http://www.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 the newly diagnosed.

[Newly Diagnosed](#)

View more PD Conversations at [www.pdconversations.org](http://www.pdconversations.org).

## 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 YOPD resources provided by the Michael J. Fox Foundation, call 1-800-708-7644.

### Davis Phinney Foundation

For more information about YOPD 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 YOPD 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).