



Young Onset Parkinson's Disease Resources

Support Groups

Get Out! Happy Hour Online

Get Out! Online is a live, interactive social time hosted by PMD Alliance young onset ambassadors living with PD. No formal agenda, just a chance to connect with others like you from the comfort of your own home.

Date: 1st & 3rd Wed of the month
Time: 6:30 pm CST

Launch the Get Out! Happy Hour Online™ Support Group for YOPD [here](#).

PD Connections

PD Connections is a community for people with Young Onset Parkinson's disease. Each month the group discusses topics that are unique to people with young onset and provide an opportunity to connect with others going through a similar experience.

Date: 3rd Thursday of month
Time: 7:00 pm CST

This group is available with a free PDWELL membership. [Register here](#) for access to this resource.

Education

Navigating the Challenges of Young Onset Parkinson's

The Parkinson's Foundation provides information about Young Onset Parkinson's Disease. They connect the community to resources such as planning, how to live well, the steps to navigating YOPD after diagnosis, and *Expert Briefings*.

www.parkinson.org/blog/awareness/Navigating-Young-Onset

Young-Onset Parkinson's Disease

The Michael J Fox Foundation provides information about Young-Onset Parkinson's Disease (YOPD) such as diagnosis, causes, symptoms, treatment, research, employment & family, finances, and long-term planning.

www.michaeljfox.org/news/young-onset-parkinsons-disease

Webinars

YOPD Council Webinar Series

The Davis Phinney Foundation YOPD Council confronts the challenges of living with YOPD, increases awareness of YOPD, provides resources, and shares stories each month.

Date: 3rd Thursday of Every Month

Time: 2:00 pm CST

Register and view past recordings at <https://davisphinneyfoundation.org/pf/webinar-series-yopd-council/>

Challenges and Treatment of Young-Onset Parkinson's Disease

The Michael J. Fox Foundation explores the unique challenges people with YOPD around work and family and may take different approaches to treatment.

View the webinar recording at <https://www.michaeljfox.org/webinar/challenges-and-treatment-young-onset-parkinsons-disease>

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 YOPD.

[Young- Onset Parkinson's Disease](#)
[Do Young- Onset Parkinson's Disease Patients Experience the Same Symptoms?](#)

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

Expert Briefings

The Parkinson's Foundation Expert Briefings are designed for people with PD, care partners, and health professionals. The Young Onset Parkinson's Disease (YOPD) series focuses on the unique challenges living with YOPD. Topics include:

[Not What I Planned For Me or My Family](#)
[Work it Out: Managing Parkinson's in the Workplace](#)
[Partnering: The Dance of Relationships and Romance](#)

View past Expert Briefing webinars at www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/PD-ExpertBriefings-Webinars.

Guides and Tools

10 Helpful Young- Onset Parkinson's Resources

The Parkinson's Foundation provides a list of resources to help people learn how to navigate life with YOPD. These resources vary from websites, webinars, and podcasts to genetic studies, talking to children, and working with YOPD.

www.parkinson.org/blog/tips/Young-Onset-Parkinsons-Resources

Talking to Children and Teens about Parkinson's

The Michael J Fox Foundation provides a guide for *Talking to Children and Teens about Parkinson's* to help answer questions and address likely fears and misinformation, and encourage productive conversations about PD.

View the 6-step guide at www.michaeljfox.org/news/new-guide-talking-children-and-teens-about-parkinsons.

A Practical Guide to Navigating the Workplace with Parkinson's

The Michael J Fox Foundation provides a 2-part guide on sharing a Parkinson's disease diagnosis in the workplace. Part 1, *Sharing Your Parkinson's Diagnosis at Work*, provides practical tips and tools for bringing Parkinson's into the workplace. Part 2, *Talking about Parkinson's at Work*, recommends strategies for continuing conversations, handling reactions and situations, and managing professional relationships. Part 1 and 2 are available via digital download on their website.

www.michaeljfox.org/news/new-resource-practical-guide-navigating-workplace-parkinsons

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 YOPD.

[Young Onset](#)

View more *PD Conversations* at www.pdconversations.org.

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.

[2019 Young- Onset Parkinson's Disease](#)
[2017 Young- Onset Parkinson's Disease](#)

Listen to more episodes at www.michaeljfox.org/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. Episode 10 of the podcast explores YOPD.

[Young- Onset Parkinson's 101](#)

[Talking to Employers About PD: Where to Begin?](#)

[Talking to Employers About PD: Disability Inclusion & Accommodation at Work](#)

[Talking to Children about Parkinson's](#)

[Parkinson's and Parkinson's: Raising Children While Living with Parkinson's](#)

Listen to *Substantial Matters: Life and Science of Parkinson's* at www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Podcast.

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

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.

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.