

Build Your Team

These **three** kinds of supporters help you get the care you need.

1 Prepare Your Caregiver

Partner smart with a spouse or relative.

- **Share the load** at the doctor's office. Caregivers can take notes and also help answer (and ask) the important questions.
- **Advocate in tandem** to get the information you need from your medical team.
- **Give each other support** on rough days, and assemble a team of loved ones to step in and help when you need it.
- **Speak as a team** if speech problems make it tough for you to be understood.
- **Keep an eye out** for new symptoms together, and tell your doctor about them.

Look for more caregiver resources at NeuroPD.com.

Caregivers need care too! Helping someone deal with a chronic illness can be overwhelming. See if there are any caregiver resources or support groups in your area.

2 Choose Your Specialists

Find the right health-care professionals.

- A **movement disorder specialist** is key. He or she is a neurologist who specializes in conditions that affect the muscles. They're very likely to know the range of symptoms and treatments associated with PD.
- A **speech-language pathologist** can offer therapies if you're having problems with your speech or voice. He or she might also help you master nonverbal communication.
- A **physical therapist** can create a customized exercise program to improve your balance, strength, flexibility and endurance.
- A **registered dietitian** can help you meet your nutritional needs. That's key for addressing unwanted weight loss or gain, constipation, chewing or swallowing problems, and protein-related medication interactions.
- A **social worker** provides individual and family counseling, and can connect you with resources in your community such as support groups or home health services.

3 Find Your Advocates

Discover the nonprofit leaders.

National Parkinson Foundation
parkinson.org

The Michael J. Fox Foundation for Parkinson's Research
michaelfox.org

Parkinson's Disease Foundation
pdf.org

Parkinson's Action Network
parkinsonsaction.org

American Parkinson Disease Assn.
apdaparkinson.org

The Parkinson Alliance
parkinsonalliance.org

Parkinson's Resource Organization
parkinsonsresource.org

WE MOVE: Worldwide Education and Awareness for Movement Disorders
wemove.org

The Bachmann-Strauss Dystonia & Parkinson Foundation
dystonia-parkinson.org

Davis Phinney Foundation for Parkinson's
davisphinneyfoundation.org

The Parkinson's Institute and Clinical Center
thepi.org

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