



# If you're affected by Parkinson's, we're here to **help maximise your digital skills**

Parkinson's UK and AbilityNet have joined forces to help people with Parkinson's learn how to use digital devices with confidence – all for free.



**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

## Our tech volunteers can help you:

- get support with everyday digital tasks, like doing an online shop, chatting online with friends and family, setting up a printer or using social media
- connect with other people with Parkinson's through the Parkinson's UK online forum and support networks
- discover what assistive technologies are available to you, to help make using technology easier
- boost your skills and confidence with online services and resources to help manage Parkinson's.

Speak to AbilityNet or Parkinson's UK today to find out how to get free tech support from one of our AbilityNet tech volunteers.

**Contact AbilityNet on:** 0800 048 7642  
enquiries@abilitynet.org.uk  
abilitynet.org.uk/parkinsons

**Contact Parkinson's UK on:** 0800 800 0303  
getonline@parkinsons.org.uk  
parkinsons.org.uk/get-online

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**AbilityNet** is a charity that supports older and disabled people to use technology and aims to create a digital world accessible to all. Registered charity in England and Wales (1067673), and in Scotland (SC039866).

**Parkinson's UK** is a charity that works to improve life for everyone affected by Parkinson's. Registered charity in England and Wales (258197) and in Scotland (SC037554). Image supplied: Centre for Ageing Better