

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

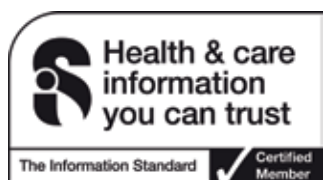
Information resources Catalogue

July 2017



We're Parkinson's UK – the UK's biggest Parkinson's support and research charity. We're committed to finding a cure and improving life for everyone affected by Parkinson's.

All of our information is produced with the help of people living with Parkinson's and professionals involved in caring for people with the condition. It covers a range of topics, including symptoms, treatments, money matters and advice for carers.



Look out for the Information Standard mark on the back of our health and social care resources for people affected by Parkinson's. This quality mark is supported by NHS England and helps you choose reliable and accurate information.

Join us

We provide free information for everyone affected by Parkinson's – but only our members receive copies of our quarterly magazine, *The Parkinson*. Each issue is packed with news, stories, letters and top tips for getting the most out of life.

You'll also receive *Progress*, our research magazine, twice a year.



As well as receiving the magazines, you'll be able to join one of our local groups and get involved with our campaigns.

Becoming a member costs just £4 a year if you live in the UK and £15 if you're based overseas.

Call **020 7932 1344**

Email join@parkinsons.org.uk

Visit parkinsons.org.uk/join

How to order

If you are online, you can read all our most up-to-date information at **parkinsons.org.uk/information-support**. This helps us to save money on printing and postage costs.

If you are not online or would prefer printed copies, all our resources can be ordered free of charge, with free delivery (usually within 14 days). You can request any resources in this catalogue using our order form, or by contacting our distributor.

Call **0300 123 3689**

Email **resources@parkinsons.org.uk**

Visit **parkinsons.org.uk/information-support**

Other languages

We translate our key resources into different languages (see pages 4, 5 and 24), as well as accessible formats (see pages 4, 5 and 16).

Large print

If you need large print versions of our information, please let us know when you place your order. To keep our costs down, we don't hold stocks of these, but we can produce them for you individually.

Recently diagnosed with Parkinson's?

A good starting point is our *Parkinson's and you* booklet, listed on page 5. It includes a copy of our resources guide for people newly diagnosed with Parkinson's (page 25).



ABOUT PARKINSON'S



A quick introduction to Parkinson's

A leaflet about Parkinson's and the support we offer. (L001)

Bengali (L001B)

Punjabi (L001P)

Gujarati (L001G)

Scots Gaelic (L001SG)

Hindi (L001H)

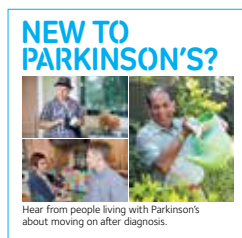
Urdu (L001U)

Polish (L001POL)

Updated October 2014.

New to Parkinson's? DVD

In this film you'll hear from other people living with Parkinson's and their families about how they came to terms with their diagnosis. You'll also hear their ideas about how to start to feel in control of life with the condition. You can watch the film online at parkinsons.org.uk/newtoparkinsons. (V012)



A version with subtitles is also available. (V012S)



New to Parkinson's?

DVD for South Asian communities

This film is for people affected by Parkinson's from South Asian communities who live in the UK.

Bengali (V016B)

Sylheti (V016S)

Gujarati (V016G)

Tamil (V016T)

Hindi (V016H)

Urdu (V016U)

Punjabi (V016P)

Call to order **0300 123 3689**

Email to order resources@parkinsons.org.uk

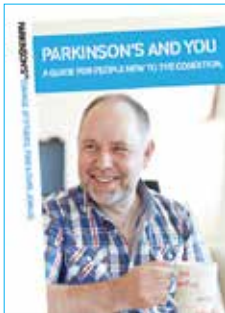
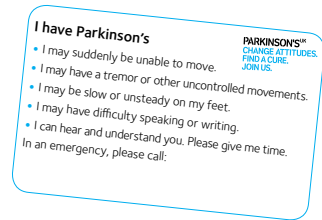
Or visit parkinsons.org.uk/information-support

Parkinson's alert card

A card to carry in case you're having difficulties with movement or communication. (M014)

We also produce a version for people with hearing difficulties. (M014D)

Updated July 2016.



Parkinson's and you

An introductory guide for people who have been diagnosed with Parkinson's, and their family and friends. It features people's experiences, as well as information about symptoms, treatments and professionals who can help. (B181)

Includes a copy of *Recently diagnosed with Parkinson's? A guide to our information resources* (B023), listed on page 25.

An audio version is available. (B181AUD)

Updated October 2014.

Parkinson's and you (translations)

Bengali (B181B)

Punjabi (B181P)

Cantonese (B181C)

Somali (B181S)

Gujarati (B181G)

Turkish (B181T)

Hindi (B181H)

Urdu (B181U)

Polish (B181POL)

Welsh (B181W)

Updated February 2015.



Call to order **0300 123 3689**

Email to order resources@parkinsons.org.uk

Or visit parkinsons.org.uk/informationssupport

ABOUT PARKINSON'S



Easy read information about Parkinson's

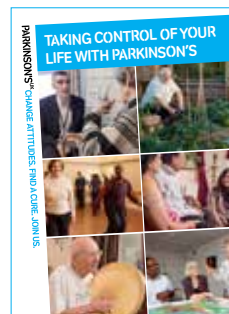
This easy read booklet helps people with learning difficulties to understand Parkinson's. (B501)

Updated February 2016.

Taking control of your life with Parkinson's

This booklet contains the things people affected by Parkinson's told us are the most important in helping them manage life with the condition. (B503)

Updated April 2015.



Information sheets

Diagnosing Parkinson's (FS48)

Updated July 2014.

Parkinsonism (FS14)

Updated August 2014.

Call to order **0300 123 3689**

Email to order resources@parkinsons.org.uk

Or visit parkinsons.org.uk/information-support



Thinking about advanced Parkinson's

This booklet looks at the advanced stage of Parkinson's, when symptoms are more complex and may be having more of an effect on your day-to-day life. It can be read at any stage of Parkinson's to help you plan ahead. (B003)

Updated August 2014.

Diet and Parkinson's

General information on diet and Parkinson's, including tips on shopping, cooking and eating. (B065)

Updated June 2016.



Driving and Parkinson's

This booklet is for anyone with Parkinson's who drives. It outlines your rights and obligations, and answers frequently asked questions. (B064)

Updated March 2016.

Call to order **0300 123 3689**

Email to order resources@parkinsons.org.uk

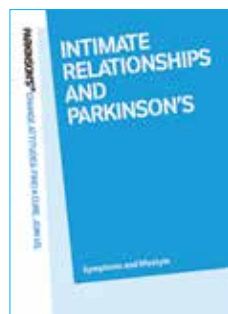
Or visit parkinsons.org.uk/information-support

SYMPTOMS AND LIFESTYLE

Intimate relationships and Parkinson's

A booklet exploring how Parkinson's can affect relationships, including the possible impact on your sex life and how you feel about your body. It offers tips and information on overcoming any difficulties. (B034)

Updated September 2014.

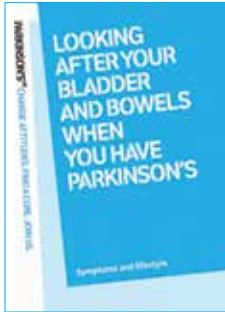


Living with Parkinson's

This booklet looks at a range of topics relevant to all people with Parkinson's – from symptoms to lifestyle changes. It also deals with issues that might affect people of working age with Parkinson's, such as supporting children, and the emotional effects of being diagnosed at a younger age. (B077)

Updated November 2014.





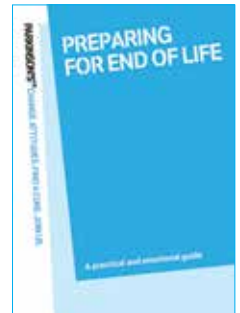
Looking after your bladder and bowels when you have Parkinson's

A practical guide to bladder and bowel care. (B060)
Updated July 2016.

Preparing for end of life

This booklet looks at the practical and emotional issues relating to the later stages of Parkinson's and life. It covers decisions you may have to make, how to put your affairs in order and where to get emotional support. (B092)

Updated March 2016.



Sleep and night-time problems in Parkinson's

This booklet explores some of the things that can cause sleep problems for people with Parkinson's and explains what can be done to help. (B070)

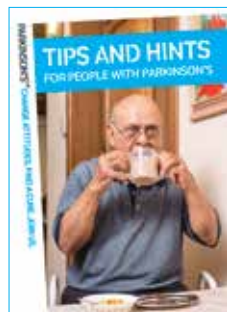
Updated October 2015.

SYMPTOMS AND LIFESTYLE

Tips and hints for people with Parkinson's

This booklet is a collection of tips and hints that can make everyday life easier for people with Parkinson's. (B011)

Updated February 2013.



Information sheets

Anxiety and Parkinson's (FS96)

Updated March 2015.

Communication and Parkinson's (FS06)

Updated September 2012.

Daily living equipment for people with Parkinson's (WB22)

Updated May 2017.

Dementia with Lewy bodies (FS33)

Updated May 2011.

Dental and oral health in Parkinson's (FS98)

Updated February 2014.

Depression and Parkinson's (FS56)

Updated February 2014.

Eating, swallowing and saliva control in Parkinson's (FS22)

Updated September 2013.

Eyes and Parkinson's (FS27)

Updated July 2015.

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Falls and Parkinson's (FS39)

Updated August 2013.

Fatigue and Parkinson's (FS72)

Updated January 2014.

Foot care and Parkinson's (FS51)

Updated February 2014.

Freezing in Parkinson's (FS63)

Updated November 2015.

Hallucinations and delusions in Parkinson's (FS11)

Updated August 2013.

Impulsive and compulsive behaviour in Parkinson's (FS77)

Updated May 2015.

International travel and Parkinson's (FS28)

Updated March 2014.

Living alone with Parkinson's (FS29)

Updated March 2016.

Low blood pressure and Parkinson's (FS50)

Updated September 2014.

Mild memory and thinking problems in Parkinson's (FS95)

Updated May 2017.

Monitoring your Parkinson's (FS69)

Updated July 2017.

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SYMPTOMS AND LIFESTYLE

Muscle cramps and dystonia (FS43)

Updated February 2014.

Pain in Parkinson's (FS37)

Updated June 2016.

Parkinson's dementia (FS58)

Updated June 2011.

Restless legs syndrome and Parkinson's (FS83)

Updated July 2014.

Skin and sweating problems in Parkinson's (FS40)

Updated May 2015.

Talking to children about Parkinson's (FS66)

Updated July 2014.

Talking to people about Parkinson's (FS88)

Updated May 2014.

Tremor and Parkinson's (FS94)

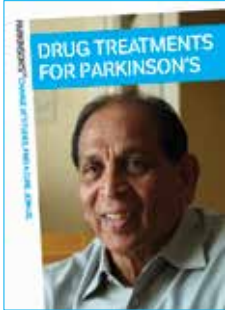
Updated July 2016.

Using computers and the internet (FS60)

Updated July 2016.

Wearing off and involuntary movements (dyskinesia) (FS73)

Updated June 2014.



Drug treatments for Parkinson's

A booklet about the medications currently available to treat Parkinson's, including information about how they work and their side effects. (B013)

Updated August 2015.

Complementary therapies and Parkinson's

A booklet about complementary therapies and how they may help people with Parkinson's. It looks at the benefits and risks of complementary therapies and how to find a therapist. (B102)

Updated March 2013.



Parkinson's medication card

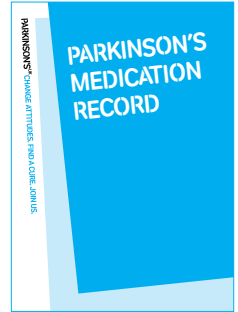
A pocket-sized card for people with Parkinson's to record their drug treatments and the contact details of health professionals. (M001)

Updated January 2014.

Parkinson's medication record

A small booklet to record information about the drugs you take and their timings, as well as the contact details of health professionals. (B145)

Updated April 2016.



Non-motor symptoms questionnaire

A questionnaire for you to complete before visiting your doctor or Parkinson's nurse to help them assess any non-motor Parkinson's symptoms, such as depression, constipation and pain. (B117)

Surgery for Parkinson's

This booklet outlines the surgical options that are available to treat Parkinson's symptoms. (B123)

Updated July 2015.



Information sheets

[Apomorphine \(FS26\)](#)

Updated May 2017.

[Occupational therapy and Parkinson's \(FS97\)](#)

Updated March 2015.

[Physiotherapy and Parkinson's \(FS42\)](#)

Updated January 2014.

[Speech and language therapy and Parkinson's \(FS07\)](#)

Updated October 2013.

[Talking to your GP, specialist or Parkinson's nurse about Parkinson's \(FS71\)](#)

Updated May 2014.



The carer's guide

A guide for people who support someone with Parkinson's, including chapters on where to find help and emotional support, and ways to deal with changing circumstances. (B071)

An audio version is also available. (B071C)

Updated December 2013.

My Gran has Parkinson's (B086)

My Grandad has Parkinson's (B087)

My Mum has Parkinson's (B088)

My Dad has Parkinson's (B089)

These illustrated books are aimed at children aged between three and seven whose mum, dad, grandad or gran has Parkinson's. They describe some of the symptoms of Parkinson's in a way that young children can understand.

Updated October 2013.



Information sheets

Keeping a diary: for carers (FS70)

Updated July 2017.

Call to order **0300 123 3689**

Email to order resources@parkinsons.org.uk
Or visit parkinsons.org.uk/information-support



Employment and Parkinson's

A guide for people with Parkinson's and carers who are of working age. It includes information on legal rights in the workplace, retirement, sick leave and flexible working. (B103)

Updated August 2013.

Information sheets

These sheets are updated annually with the help of Disability Rights UK.

[Attendance Allowance](#) (WB02)

[Carer's Allowance](#) (WB08)

[Disability Living Allowance](#) (WB03)

[Employment and Support Allowance](#) (WB16)

[General information about benefits](#) (WB01)

[Grants and loans](#) (WB15)

[Help with Council Tax](#) (WB12)

[Help with getting around](#) (WB10)

[Help with health costs](#) (WB09)

[Housing Benefit](#) (WB13)

[Income Support](#) (WB07)

[Jobseeker's Allowance](#) (WB19)

[Pension Credit](#) (WB05)

[Personal Independence Payment](#) (WB20)

[Universal Credit](#) (WB21)

[Working Tax Credit](#) (WB04)

For information relevant to your own situation, call our helpline on **0808 800 0303** to speak to our dedicated benefits and employment adviser, or to ask for details of your Parkinson's local adviser.

Updated June 2016.



Going into hospital when you have Parkinson's
A booklet for anyone who goes into hospital as a planned admission, or in an emergency. (B182)

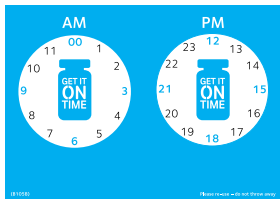
This booklet was the winner of the Long Term Conditions Award at the British Medical Association's Patient Information Awards 2015.

Last updated October 2014.

Get It On Time washbag

This washbag helps people with Parkinson's stay in control of their medication when they're in hospital. (B150)

The bag contains: the *Going into hospital* booklet (PKB182), a Get It On Time A5 laminated clock flyer (PKB105A), Get It On Time A5 stickers (PKB106A), a feedback form (PKB149), a medication card (PKM001) and a Parkinson's alert card (PKM014).



Get It On Time posters

A4 poster (P055)

A4 clock poster (B105B)

A5 clock poster (B105A)

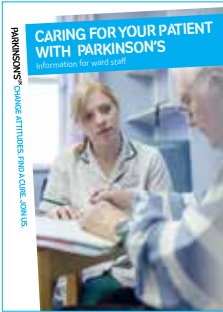
Get It On Time stickers

A4 (B106) 35 per sheet

A5 (B106A) 15 per sheet



RESOURCES FOR PROFESSIONALS



Caring for your patient with Parkinson's

This booklet highlights the needs of a person with Parkinson's to hospital ward staff and can be used to help prepare a care plan. (B030)

Updated January 2016.

Caring for your resident with Parkinson's

This booklet is a guide for care home staff to use when preparing a care plan for a resident with Parkinson's. (B114)

Updated May 2013.



Key information for community pharmacists

A guide to Parkinson's medication for all pharmacists working in a community setting. (PK0148)

Key information for hospital pharmacists

A guide to Parkinson's medication for all pharmacists working in a hospital setting. (L036)



Call to order **0300 123 3689**

Email to order resources@parkinsons.org.uk
Or visit parkinsons.org.uk/information-support



Get It On Time – Medicine optimisation for patients with Parkinson’s DVD

A DVD for hospital ward staff explaining how important it is that people with Parkinson’s get their medication on time, and what steps can be taken to ensure this happens. (V015)

Updated May 2010.

Get It On Time – Medicine optimisation for residents with Parkinson’s DVD

A DVD for care home staff explaining how important it is that people with Parkinson’s get their medication on time, and what steps can be taken to ensure this happens. (V014)

Updated May 2010.



Get It On Time information leaflet for professionals

A quick introduction to the Get It On Time campaign, highlighting what hospital staff can do to support people with Parkinson’s to get their medication on time, every time. (B104)

Parkinson’s: a guide for home care workers

This booklet is a guide for home care workers who want to understand the specific needs of people with Parkinson’s. (B500)

Updated July 2013.



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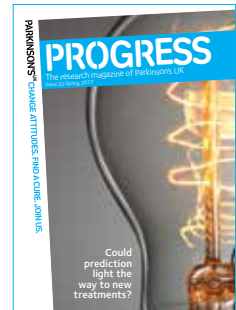
An introduction to taking part in research

This booklet is designed as a 'first touch' information resource for everyone who is interested in Parkinson's research.

All of the questions in the booklet were asked by real people affected by Parkinson's and the answers were provided by a panel of experts. (PK0421)

Progress

A twice-yearly magazine that focuses on the latest research into Parkinson's, including studies we are funding. (B118)



This is the most exciting time in
Parkinson's research

A4 poster (PK0151)

A3 poster (PK0152)



Real hope for a cure

A4 poster (PK0149)

A3 poster (PK0150)

Information sheets

Inherited Parkinson's and genetic testing (FS86)

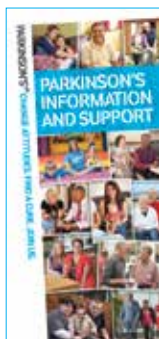
Updated May 2012.

Call to order **0300 123 3689**

Email to order resources@parkinsons.org.uk

Or visit parkinsons.org.uk/information-support

ABOUT PARKINSON'S UK



Parkinson's information and support

This leaflet explains all the different ways you can access information and support about Parkinson's. (L025)

Information and support leaflet (translations)

Bengali (L025B)

Gujarati (L025G)

Hindi (L025H)

Polish (L025POL)

Punjabi (L025P)

Scots Gaelic (L025SG)

Tamil (L025T)

Turkish (L025TUR)

Urdu (L025U)

Welsh (L025W)



Membership enquiry booklet and application form (PK0010)

Call to order **0300 123 3689**

Email to order resources@parkinsons.org.uk

Or visit parkinsons.org.uk/information-support

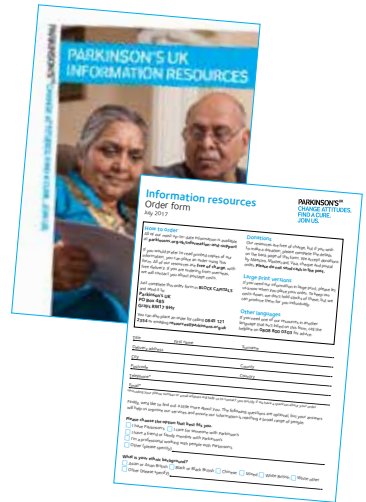


Customer feedback postcard

Tell us what you think about the service you've received from Parkinson's UK. (M016)

Information resources catalogue (B027)

Information resources order form (B029)



Recently diagnosed with Parkinson's? A guide to our information resources

This combined catalogue and order form is aimed at people newly diagnosed with Parkinson's, to let you know which of our resources are most useful at this stage. (B023)

Call to order **0300 123 3689**
 Email to order resources@parkinsons.org.uk
 Or visit parkinsons.org.uk/informationssupport

Reaching out locally

We believe that no one should face Parkinson's alone. Yet there remains a lack of awareness of how people affected by the condition can access information and support at diagnosis and beyond. Become a Turn to Us volunteer and help make a real difference to the lives of people affected by Parkinson's in your local area.

Distributing our resources locally can help ensure that anyone affected by Parkinson's is aware of the information and support available to them. The resources are free, and you can speak to a dedicated member of the team to get started either as a group or a volunteer.

Please note that these materials are specific to the Turn to Us campaign and cannot be ordered through our distributor.

If you would like to find out more about becoming a Turn to Us volunteer, in order to distribute these specific resources locally, please visit parkinsons.org.uk/turntous

Or contact our marketing team on **0800 652 8978**
or at marketing@parkinsons.org.uk



Each pack contains:

- 3 x A4 posters
- 5 x Information and Support leaflets
- 5 x business cards

Unity lottery leaflet

Application form for the Unity Direct Debit Lottery, which gives you the chance to win up to £25,000. Find out more by visiting www.unitylottery.co.uk/parkinsons or calling **0870 050 9240**. (B143)



Jewellery recycling envelope

Raise money for Parkinson's UK using this freepost envelope to recycle your unwanted jewellery. (B153)

In memory flyer

Individual leaflets outlining all the ways you can make a gift in memory of a loved one. These can be included in an order of service or given to donors for them to make a donation to Parkinson's UK. (PK0411)



Legacy leaflet

This leaflet outlines how gifts in Wills are helping us work towards our goal of finding a cure. (B169)

Legacy booklet

This booklet contains information about how vital legacies are to the charity and how to include a gift in your Will to Parkinson's UK. (B168)



A guide to making a Will and including a gift to Parkinson's UK

PARKINSONS[®]
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Raising money

Help find a cure and support everyone affected by Parkinson's by fundraising for us. Whether you hold a Party for Parkinson's, a quiz night or a sponsored walk, we'll be there to support you every step of the way.

Our fundraising pack is full of information and advice about organising your own fundraising event. To find out more and order a pack visit: parkinsons.org.uk/events

Contact our fundraising team: **020 7963 9330** or email fundraising@parkinsons.org.uk



Fundraising pack,
sponsorship form and
donation envelope

SPONSORSHIP FORM

NAME _____ IN TALKING TO _____ (Postcode)

Are you a UK tax payer? If so, you can increase the value of your donation by 25% at no extra cost to you. Please just tick in the Gift Aid column.

Gift Aid?	Full name (including title)	Business address (your work address is not valid for gift aid)	Postcode	Amount pledged	Amount given	Date given	Gift Aid?	Date processed?
<input type="checkbox"/>	Mr John Smith	30 Easter Street, Brighton, East Sussex	BN1 1UB	£10	£15	14/3/14	<input type="checkbox"/>	
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Please return your sponsorship form to your local contact or to: Parkinsons UK, 215 Tottenham Court Road, London W1P 8LP. Telephone: 020 7963 9330. Email: fundraising@parkinsons.org.uk

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THANKS FOR YOUR SUPPORT

Dear _____, your donation of _____ has been received. The amount of _____ has been credited to your account on _____.

THANKS FOR YOUR SUPPORT

Signature _____

Call to order **0300 123 3689**
 Email to order resources@parkinsons.org.uk
 Or visit parkinsons.org.uk/information-support

Support and information from Parkinson's UK

Our resources are just one part of the information and support we offer to people affected by Parkinson's.

Helpline

You can call our free confidential helpline for general support and information. Call **0808 800 0303** or email **hello@parkinsons.org.uk**

You can also call our helpline to find out about any of the following:

Peer support service

If you'd like to talk on the phone with someone affected by Parkinson's who has faced similar issues, we can put you in touch with a trained peer support volunteer. The service is free and confidential. Our volunteers will call at a time convenient for you.

Parkinson's local advisers

Our Parkinson's local advisers provide one-to-one information and support to anyone affected by Parkinson's.

Our website has information about your local support team and how to contact them at **parkinsons.org.uk/support**

Local groups

You can find details of our local groups and your nearest meeting at **parkinsons.org.uk/localgroups**

Online forum

You can also visit **parkinsons.org.uk/forum** to speak with other people in a similar situation on our online discussion forum.

Self management

A path through Parkinson's is a self-management programme for people with Parkinson's, and their partners and carers. It is designed to help you think about and plan how you want to navigate your life with Parkinson's.

To find out if there is a group near you visit **parkinsons.org.uk/selfmanagement**

Notes

A series of horizontal dotted lines for writing notes, spanning the width of the page.

Every hour, someone in the UK is told they have Parkinson's – a brain condition that turns lives upside down, leaving a future full of uncertainty.

Parkinson's UK is here to make sure people have whatever they need to take back control – from information to inspiration.

We want everyone to get the best health and social care. So we bring professionals together to drive improvements that enable people to live life to the full.

Ultimately, we want to end Parkinson's. That's why we inspire and support the international research community to develop life-changing treatments, faster. And we won't stop until we find a cure.

**Together we can bring forward the day
when no one fears Parkinson's.**

Parkinson's UK
215 Vauxhall Bridge Road
London SW1V 1EJ

Free confidential helpline **0808 800 0303**
(Monday to Friday 9am–7pm, Saturday 10am–2pm).
Interpreting available.

NGT Relay **18001 0808 800 0303** (for use with
smart phones, tablets, PCs and other devices).

For more information see **www.ngts.org.uk**

hello@parkinsons.org.uk
parkinsons.org.uk