

# Information resources catalogue

February 2020



# 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.

## Join us

Our vision is for a strong membership made up of lots of different people. So we're inviting everyone who cares about Parkinson's – whatever your connection and wherever you live – to become a member of Parkinson's UK.

By joining, you'll be part of a community of more than 35,000 people, helping bring forward the day when no one fears Parkinson's.

All members receive our magazine, *The Parkinson*, packed with news, stories and top tips for getting the most out of life. You'll also receive our research magazine, *Progress*. Plus we're developing some new opportunities to help members show their support, take action and make a difference.

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

Visit [parkinsons.org.uk/join](https://parkinsons.org.uk/join)

Email [team@parkinsons.org.uk](mailto:team@parkinsons.org.uk)

Call **0800 138 6593**



## How to order

If you're online, you can read all our most up-to-date information at **[parkinsons.org.uk/information-support](https://parkinsons.org.uk/information-support)**. This helps us to save money on printing and postage costs.

If you're 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 by using the following details.

Shop online **[shop.parkinsons.org.uk](https://shop.parkinsons.org.uk)**

Email **[resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk)**

Call **0300 123 3689**

## Other languages

We translate key resources into different languages, including Welsh, as well as creating more accessible formats, such as audio CD and easy read. You can see in the description of an item whether it's available in other languages or formats.

## Large print

If you need our information in large print, please let us know when you place your order. To keep our costs down, we don't hold stocks of large print resources, 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 4. It includes a copy of our resources guide for people newly diagnosed with Parkinson's (page 21).



## ABOUT PARKINSON'S



### A quick introduction to Parkinson's

A leaflet that explains what Parkinson's is, how many people have it and how its symptoms can be treated. (PKL001)

Welsh (PKL001W)

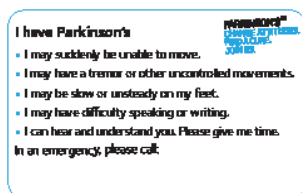
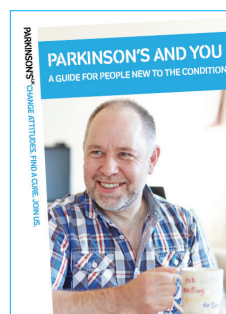
Updated January 2018

### Parkinson's and you

An introductory booklet 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. (PKB181)

Updated October 2014

Includes a copy of *Recently diagnosed with Parkinson's? A guide to our information resources* (PKB023), listed on page 21.

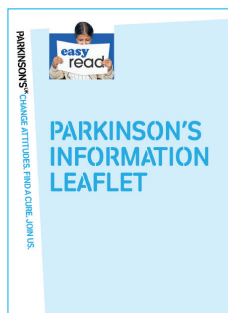


### Parkinson's alert card

A laminated card that fits into a wallet or purse, ready to be shown discreetly if you need assistance in a public place, or if you're having difficulty communicating. (PKM014)

We also produce a version for people with **hearing difficulties**. (PKM014D)

Order online [shop.parkinsons.org.uk](http://shop.parkinsons.org.uk)  
by email [resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk)  
by phone **0300 123 3689**



## Easy read information about Parkinson's

This is an easy read booklet about Parkinson's and Parkinson's UK. It uses easy words and pictures to make information easier to understand. It can be used by anyone who finds it useful. (PKB501)

Updated February 2016

## Information sheets

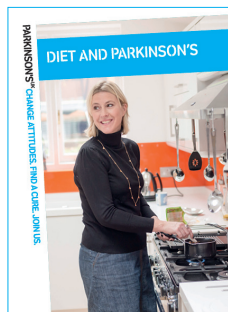
### Diagnosing Parkinson's (PKFS48)

Updated November 2018

### Types of Parkinsonism (PKFS14)

Updated December 2018

## SYMPTOMS AND LIFESTYLE



### Diet and Parkinson's

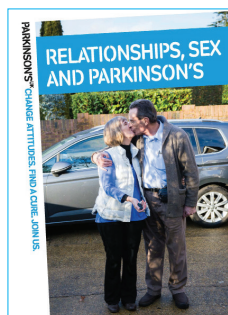
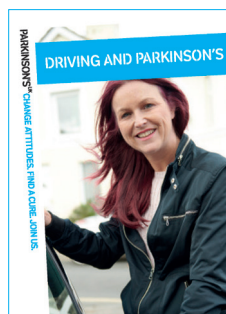
General information on diet and Parkinson's, including how protein can affect medication and tips on shopping, cooking and eating. (PKB065)

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. (PKB064)

Updated October 2019



### Relationships, sex 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. (PKB034)

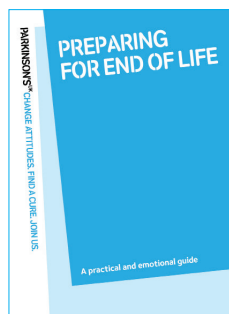
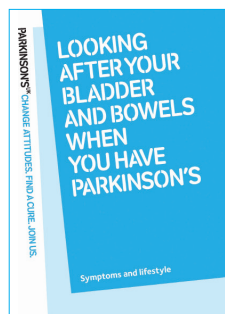
Updated March 2019

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by email [resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk)  
by phone 0300 123 3689

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

This booklet contains information about bladder and bowel problems that may affect people with Parkinson's, the treatments available and who to contact for professional advice. It also gives practical tips on what you can do to make living with bladder and bowel problems easier. (PKB060)

Updated July 2016



## Preparing for end of life

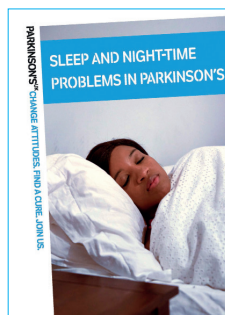
A guide to the practical and emotional issues surrounding the later stages of Parkinson's and life. It covers decisions you may have to make, how to put your affairs in order and where to get emotional support. (PKB092)

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, such as insomnia and excessive daytime sleepiness, and explains what can be done to help. (PKB070)

Updated March 2019

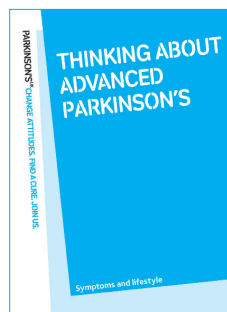


## SYMPTOMS AND LIFESTYLE

### Thinking about advanced Parkinson's

A guide to advanced 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. (PKB003)

Updated August 2014



### Work 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. (PKB103)

Updated February 2018

## Information sheets

**Anxiety and Parkinson's** (English PKFS96, Welsh PKFS96W)

Updated October 2019

**Speech and communication problems in Parkinson's** (PKFS06)

Updated February 2019

**Daily living equipment for people with Parkinson's** (PKWB22)

Updated May 2017

**Dementia with Lewy bodies** (PKFS33)

Updated October 2019

**Depression and Parkinson's** (English PKFS56, Welsh PKFS56W)

Updated December 2017

**Eating, swallowing and saliva control in Parkinson's**

(English PKFS22, Welsh PKFS22W)

Updated November 2018

**Eyes and Parkinson's** (PKFS27)

Updated February 2020

**Falls and Parkinson's** (English PKFS39, Welsh PKFS39W)

Updated October 2016

**Fatigue and Parkinson's** (English PKFS72, Welsh PKFS72W)

Updated December 2017

**Foot care and Parkinson's** (PKFS51)

Updated January 2018

**Freezing in Parkinson's** (English PKFS63, Welsh PKFS63W)

Updated October 2018

## SYMPTOMS AND LIFESTYLE

[Hallucinations and delusions in Parkinson's \(PKFS11\)](#)

Updated August 2019

[Impulsive and compulsive behaviours in Parkinson's](#)

(English, PKFS77, Welsh PKFS77W)

Updated July 2019

[Low blood pressure and Parkinson's \(PKFS50\)](#)

Updated July 2019

[Mild memory and thinking problems in Parkinson's \(PKFS95\)](#)

Updated October 2019

[Monitoring your Parkinson's \(PKFS69\)](#)

Updated July 2017

[Mouth and dental issues in Parkinson's \(PKFS98\)](#)

Updated September 2018

[Muscle cramps and dystonia \(PKFS43\)](#)

Updated May 2018

[Pain in Parkinson's \(PKFS37\)](#)

Updated June 2016

[Parkinson's dementia \(PKFS58\)](#)

Updated October 2019

[Restless legs syndrome and Parkinson's \(PKFS83\)](#)

Updated February 2019

[Skin and sweating problems in Parkinson's \(PKFS40\)](#)

Updated July 2019

[Talking to children about Parkinson's \(PKFS66\)](#)

Updated November 2018



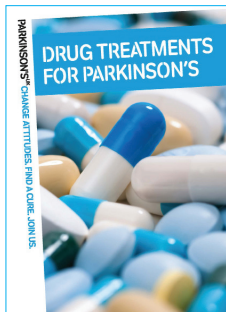
**Tremor and Parkinson's** (English PKFS94, Welsh PKFS94W)

Updated July 2016

**Wearing off and involuntary movements (dyskinesia)** (PKFS73)

Updated November 2018

# TREATMENTS AND THERAPIES



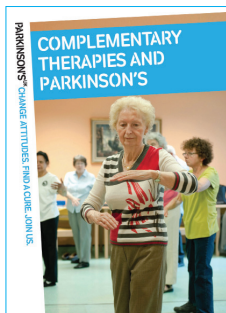
## Drug treatments for Parkinson's

A booklet about the medications currently available to treat Parkinson's symptoms, including information about how they work and their side effects. (PKB013)

Updated June 2019

## Exercise and Parkinson's

A leaflet that explains our key messages on exercise and also what level and type of activity might be right for you. (PKL039)



## 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 different therapies and how to find therapists. (PKB102)

Updated November 2018

## 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. (PKB117)

PARKINSON'S CHANGE ATTITUDES. FIND A CURE. JOIN US.

### Non-motor symptoms questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_

Careline ID: Male ☐ Female ☐

Have you experienced any of the following in the last month?

If you have experienced any of these symptoms, please tick the box that best describes how often you experience them. If you have not experienced any of these symptoms, please tick the box that best describes how often you experience them.

How common problems in Parkinson's

The commonest problems in Parkinson's are motor symptoms. However, many people also experience non-motor symptoms. These can be as disabling as the motor symptoms and can affect your quality of life. It is important to report these to your doctor. These are common problems in Parkinson's.

A range of problems is listed below. Please tick the box that best describes how often you experience them. If you have not experienced any of these symptoms, please tick the box that best describes how often you experience them.

If you have not experienced any of these symptoms, please tick the box that best describes how often you experience them.

Problem	How often you experience it
1. Feeling tired or exhausted	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
2. Loss of energy or ability to finish or start	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
3. Difficulty making decisions or taking on new tasks	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
4. Worrying or feeling of nervousness	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
5. Feeling of being out of control or losing control	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
6. Feeling of being out of control or losing control	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
7. Feeling of being out of control or losing control	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
8. Feeling of being out of control or losing control	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
9. Feeling of being out of control or losing control	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
10. Feeling of being out of control or losing control	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
11. Feeling of being out of control or losing control	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
12. Feeling of being out of control or losing control	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always



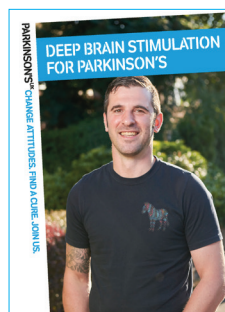
## Parkinson's medication card

A folding pocket-sized card to record drug names and timings. (PKM001)

## Deep brain stimulation for Parkinson's

This booklet gives you an overview of the different types of surgery for Parkinson's, and the advantages and disadvantages of each. It also provides helpful advice for carers, loved ones and friends. (PKB123)

Updated November 2019



## Information sheets

### Apomorphine (PKFS26)

Updated October 2019

### Occupational therapy and Parkinson's (PKFS97)

Updated March 2015

### Physiotherapy and Parkinson's (PKFS42)

Updated September 2018

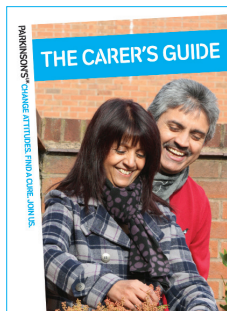
### Speech and language therapy and Parkinson's (PKFS07)

Updated October 2013

### Talking to your GP, specialist or Parkinson's nurse about Parkinson's (PKFS71)

Updated May 2014

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by email [resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk)  
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### 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. (PKB071)

An **audio** version is also available. (PKB071C)

Updated December 2013

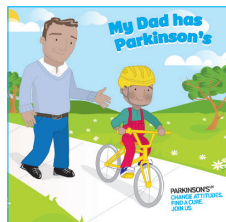
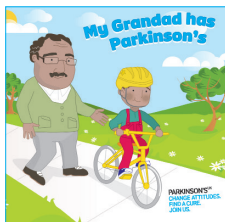
[My Gran has Parkinson's](#) (PKB086)

[My Grandad has Parkinson's](#) (PKB087)

[My Mum has Parkinson's](#) (PKB088)

[My Dad has Parkinson's](#) (PKB089)

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.



## Information sheets

[Keeping a diary: for carers](#) (PKFS70)

Updated July 2017

### Information sheets

These sheets are updated annually.

[Attendance Allowance](#) (PKWB02)

[Carer's Allowance](#) (PKWB08)

[Disability Living Allowance](#) (PKWB03)

[Employment and Support Allowance](#) (PKWB16)

[General information about benefits](#) (PKWB01)

[Grants and loans](#) (PKWB15)

[Help with Council Tax](#) (PKWB12)

[Help with getting around](#) (PKWB10)

[Help with health costs](#) (PKWB09)

[Housing Benefit](#) (PKWB13)

[Jobseeker's Allowance](#) (PKWB19)

[Pension Credit](#) (PKWB05)

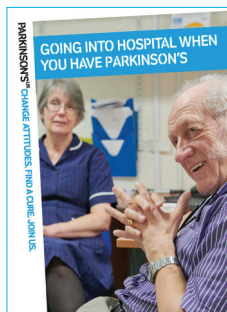
[Personal Independence Payment](#) (PKWB20)

[Universal Credit](#) (PKWB21)

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 August 2019

# GOING INTO HOSPITAL



## Going into hospital when you have Parkinson's

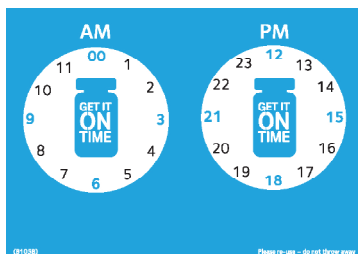
This booklet includes sections on how you can prepare for going into hospital (even if it's an emergency admission), how Parkinson's may affect surgery and how to get the most out of the time you spend with professionals. (PKB182)

Last updated February 2020

## Get It On Time washbag

This washbag helps people with Parkinson's stay in control of their medication when they're in hospital. (PKB150)

The bag includes *Going into hospital when you have Parkinson's* (PKB182), and a medication card (PKM001).



## Get It On Time clock posters

A4 clock poster (PKB105B)

A5 clock poster (PKB105A)

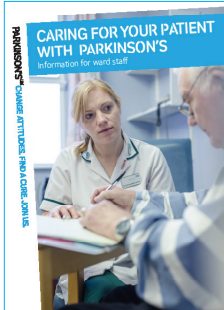
## Get It On Time stickers

A4 (PKB106) 35 per sheet

A5 (PKB106A) 15 per sheet



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by email [resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk)  
by phone 0300 123 3689



### 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. (PKB030)

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. (PKB114)

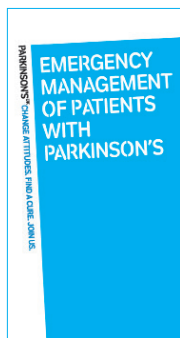
Updated November 2019



### Parkinson's: a guide for home care workers

This booklet is for home care workers who want to understand the specific needs of people with Parkinson's. (PKB500)

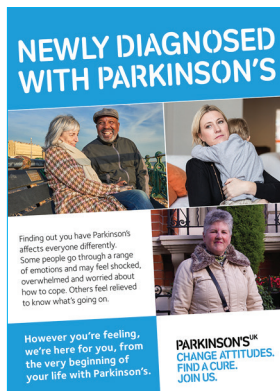
Updated March 2015



### Emergency management of patients with Parkinson's

A pocket-sized step-by-step guide for hospital staff on how to manage a patient with Parkinson's in an emergency situation. It covers observations, medication and complications. (PK0135)

Last updated November 2019

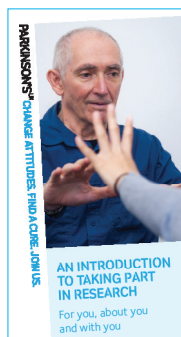


### Signposting from diagnosis postcard

This postcard is for clinicians to give to their patients, ideally at the point of diagnosis. It explains the information and support available from Parkinson's UK. (PKB0499)

With your help, we want to support as many people with Parkinson's as possible, throughout their journey with the condition. See all of the resources in this range at [parkinsons.org.uk/signposting](https://parkinsons.org.uk/signposting)

Welsh (PKB0499W)



## An introduction to taking part in research

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

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

## Progress

A magazine that focuses on the latest research into Parkinson's, including studies we are funding. (PKB118)



## Join us - Parkinson's research needs you

Find out more about our Research Support Network and how you can get involved in our research projects. Contains a detachable form to sign up. (PK0468)

## ABOUT PARKINSON'S UK



### We are Parkinson's UK

This leaflet explains our aims as an organisation, what work we get involved in and how we spend donations that are given to us. It also provides details of how you can contact us or make a donation. (PK0390)

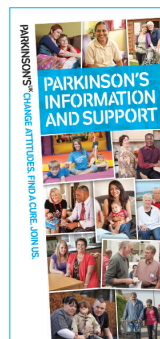
### Parkinson's information and support

This leaflet explains all the different ways you can access information and support through Parkinson's UK.

It covers our website, forum, social media, helpline, local advisers, local groups, peer support service and self-management programme. (PKL025)

You can also read a little about this on page 26.

Updated January 2018



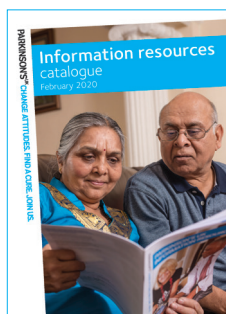


## Team Parkinson's (membership) joining form

If you're interested in joining Parkinson's UK, you'll find more information in this booklet, as well as a detachable joining form. (PK844)

## Customer feedback postcard

Tell us what you think about the service you've received from Parkinson's UK. (PKM016)



## Information resources catalogue (PKB027)

Updated February 2020

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

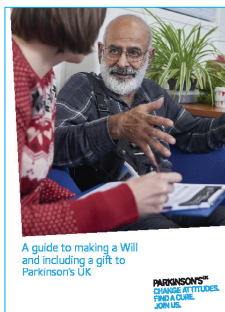
This combined catalogue and order form is aimed at people newly diagnosed with Parkinson's, to let you know which of our resources are most useful at this stage. (PKB023)



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by email [resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk)  
by phone 0300 123 3689

## 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)



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

This booklet contains information on how vital legacies are to the charity and how to go about setting up your own Will. (PKB168)

Welsh (PKB168W)

## Fundraising pack

Help find a cure and support everyone affected by Parkinson's by fundraising for us. Make a difference and make it different, from head shaves to cake sales, 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.

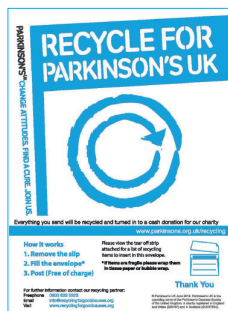
To find out more and order a pack visit [parkinsons.org.uk/getinvolved](http://parkinsons.org.uk/getinvolved), call **020 7963 3912** or email [fundraising@parkinsons.org.uk](mailto:fundraising@parkinsons.org.uk)



Order online [shop.parkinsons.org.uk](http://shop.parkinsons.org.uk)  
by email [resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk)  
by phone **0300 123 3689**

## 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](http://www.unitylottery.co.uk/parkinsons) or calling **0370 050 9240**. (PKB143)



## Jewellery recycling envelope

Raise money for Parkinson's UK using this freepost envelope to recycle your unwanted jewellery. (PKB153)

## Promoting World Parkinson's Day

World Parkinson's Day in April is an important date in our diary. Each year we create promotional materials for our supporters to use to mark the day.

You can help raise awareness of Parkinson's and our research work to find a cure by using our branded materials for your World Parkinson's Day event.

For more information on how to order these items and how to get involved, please email [marketing@parkinsons.org.uk](mailto:marketing@parkinsons.org.uk) or call **0800 652 8978**.

## 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.







Every hour, two people in the UK are 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](http://www.ngts.org.uk)**

**[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)**  
**[parkinsons.org.uk](http://parkinsons.org.uk)**

Order code: PKB027

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