

Self-Help Support Groups

Parkinson Society British Columbia works closely with over 50 self-help support groups throughout the province. Their guiding principles are trust, acceptance, respect, and compassion. The benefits of belonging to a support group include:

- Providing people with Parkinson's, their caregivers, and families an opportunity to meet in a friendly, supportive setting.
- Offering a place to share with others who are experiencing similar difficulties. There is comfort in knowing you are not alone in your struggle.
- Access to a variety of local professionals with knowledge of Parkinson's and related healthcare concerns, who may periodically come to meetings.

Advocacy

In collaboration with members of our community, the Society aims to be an effective lobbyist for important Parkinson's-related issues. Furthermore, we partner with several law firms to offer legal services, free of charge, to people with Parkinson's in British Columbia. The issues must be directly related to Parkinson's disease.

Research

Parkinson Society British Columbia believes that research holds the key to unlocking the mysteries of Parkinson's disease. Scientific excellence and the courage to test new ideas are vital in the search for better treatments and a cure. To honour this commitment, the Society contributes annually to fund leading edge research.

Your Support is Essential!

The manifestation and progression of Parkinson's disease is multifaceted, influencing all aspects of a diagnosed person's life. Providing support services, offering educational programs, funding research, and advocating for the needs of the Parkinson's community, are some of the ways that Parkinson Society British Columbia works to empower people to better manage their symptoms.

We cannot do this without your support. Your membership and donation(s) are essential!

Here is how you can support the Society:

1. Become a member
2. Give a monthly or quarterly donation
3. Donate online at www.parkinson.bc.ca/donate
4. Participate in, or organize, a fundraising event
5. Consider PSBC as a beneficiary in your Will



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You Are Not Alone.



Parkinson Society British Columbia

Established in 1969, Parkinson Society British Columbia (PSBC) is a not-for-profit charitable organization that aims to ease the burden for those affected by Parkinson's disease through advocacy, education, support services, and contributions to research. The Society is governed by a voluntary Board of Directors and is supported by donations from individuals, members, corporations, foundations, and the dedicated efforts of volunteers.

Parkinson's Disease

Parkinson's disease is the second most common neurodegenerative disorder after Alzheimer's. When over half of the dopamine cells in the brain are lost, symptoms begin to appear which may include: tremor, rigidity, slowness of movement, impaired walking, difficulty with balance, sleep disturbance, and mood disorders. The progression of the disease and accompanying symptoms vary with each individual.

There is currently no cure for Parkinson's, but there are treatments such as medication, surgery, and physical, occupational, and speech therapies that can assist in coping with the disease.

There are approximately 100,000 Canadians (2008) living with Parkinson's disease, including 13,000 British Columbians (2015/2016). The average age of onset is 60, with the incidence increasing with age. It affects 1 in 3 Canadians, both men and women, across ethnic lines. This number is predicted to double by 2040 (Feigin et al., 2015).

Programs and Services

Parkinson Society British Columbia is a not-for-profit charitable organization that aims to empower the Parkinson's (PD) community through providing resources and services to enable self-management, self-reliance, and self-advocacy.

Our services include, but are not limited to:

- One-on-one consultations by phone, e-mail, and in-person
- Free, confidential, short-term counselling services for people affected by Parkinson's
- PDLINK, a peer-to-peer program that matches individuals living similar experiences
- Publication of informational resources, such as *Viewpoints*, a quarterly newsletter with up-to-date information on research, medication, caregiving, nutrition, and more
- Educational events held across BC and via webinar, featuring experts in Parkinson's research and treatments
- Books and DVDs available through our lending library
- A network of over 50 support groups province-wide, including online support groups
- PD Connect, a formal referral program where healthcare professionals refer patients with Parkinson's and their carepartners to PSBC for support services

