

Self-Help Support Groups

Parkinson Society British Columbia works closely with over 50 self-help support groups throughout the province. The support groups' guiding principles are trust, acceptance, respect and compassion. Many of the groups participate in and support PSBC's fundraising initiatives in their community. The purpose of their regular monthly meetings is:

- To provide an atmosphere of mutual support and trust for persons with Parkinson's and their families
- To share information, ideas and experiences and to enjoy social activities
- To create awareness about Parkinson's disease in their community

Advocacy

In collaboration with members of the Parkinson's community, the Society aims to be an effective advocate for issues of importance. Furthermore, we partner with the law firm of Blake, Cassels & Graydon LLP to offer legal services, free of charge, to people with Parkinson's in British Columbia.

Research

PSBC 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 remains at the front line of the fight against the disease.

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. Participate in PSBC's fundraising events
4. Organize a fundraising event in your community
5. Donate online at www.parkinson.bc.ca
6. Consider PSBC as a beneficiary in your Will



890 West Pender Street, Suite 600
Vancouver, BC V6C 1J9
Telephone: 604 662 3240 or 1 800 668 3330
Fax: 604 687 1327
www.parkinson.bc.ca
info@parkinson.bc.ca



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You Are Not Alone.



Parkinson Society British Columbia

Established in 1969, Parkinson Society British Columbia is a not for profit charitable organization that exists to address the personal and social consequences of Parkinson's disease through education, community outreach, scientific research, advocacy and public awareness. The Society receives no government funding and is supported entirely by the generosity of individual donors and members, corporations, foundations and the dedicated efforts of volunteers.

Parkinson's Disease

Parkinson's disease is the second most common chronic neurodegenerative disorder after Alzheimer's. It is caused by a loss of dopamine in the brain. The symptoms of Parkinson's include tremor, rigidity, slowness of movement, impaired walking, difficulty with balance, sleep disturbance and mood disorders.

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 this disorder.

In British Columbia, an estimated 13,300 (2014/15) individuals live with Parkinson's but this number can be doubled or tripled based on the fact that everyone in the family is affected. Over 100,000 (2008) Canadians have Parkinson's and it affects both men and women across ethnic lines. The average age of onset is 60, with incidence increasing with age. 1 in 300 Canadians have Parkinson's (2008).

Programs and Services

Parkinson Society British Columbia is here to help people with Parkinson's and those who care about them. The services provided include:

- Consultation at the PSBC office or by phone
- Free, confidential short-term counselling services for people with Parkinson's and their loved ones
- *Viewpoints*, quarterly newsletter with up-to-date information on scientific research, medication, caregiving, nutrition and other relevant topics
- Educational events throughout BC featuring experts in Parkinson's research and treatment
- PDLINK Program
- Information materials
- Library including books and DVDs
- A network of over 50 support groups province-wide
- Advocacy for improved healthcare and access to medications
- Partnership with Pacific Parkinson's Research Centre at UBC
- Workshops and training for healthcare professionals



THIS IS
PARKINSON'S
DISEASE