



LIBRARY INDEX

NEW

Autobiographies & Biographies

Old Age: A Beginners Guide. Michael Kinsley. 2016

In this series of essays, Michael Kinsley uses his own battle with Parkinson's disease to unearth answers to questions we are all at some time forced to confront. "Sometimes," he writes, "I feel like a scout from my generation, sent out ahead to experience in my fifties what even the healthiest Boomers are going to experience in their sixties, seventies, or eighties." This surprisingly cheerful book is at once a fresh assessment of a generation and a frequently funny account of one man's journey toward the finish line.

General

Parkinson's Diva: A woman's guide to Parkinson's disease. Maria De Leon. 2015

Parkinson's Diva is a personal and professional accounting of a young Parkinson's doctor's experience with the disease in all realms of her life . . . from doctor, caregiver, and ultimately as a young Parkinson's patient herself. Not only does Dr. Maria De León cover important basics of PD and research-based data, she also shares the personal concerns and gender-specific battles that young women who live with the disease must face. She encourages all of us to be empowered through education, self-awareness, and faith. This book is about embracing your own style and grace in your journey with PD . . . as Maria says "summoning your inner diva."

Parkinson Society British Columbia

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Books & DVDs

Autobiographies & Biographies

A Funny Thing Happened on the Way to the Future...Twists and Turns and Lessons Learned. Michael J. Fox. 2010.

- Personal stories that highlight his move to Los Angeles, college life, his career, and his diagnosis.

A Hot Stream Beneath the Frozen Man. To Wang Hui. 2009.

- A story of a man who was diagnosed with Parkinson's and cancer. He discusses his faith in God and how it has helped him with his struggle.

A Life Shaken: My Encounter with Parkinson's Disease. Joel Havemann. 2002.

- The author takes us on a journey from a physically robust high achiever to his new world of medication dependence, compromise, and eventually, an almost spiritual epiphany of acceptance and appreciation.

Always Looking Up: The Adventures of an Incurable Optimist. Michael J. Fox. 2009.

- Michael writes about the hard-won perspective that helped him see challenges as opportunities. Through this discovery he developed an emotional, psychological, intellectual, and spiritual outlook that served him throughout his struggle with Parkinson's disease.

Awakenings: The Man Who Mistook His Wife for a Hat. Oliver Sacks. 1990.

- Dr. Sacks recounts the moving case histories of these individuals, the stories of their lives, and the extraordinary transformations they underwent with treatment. This book, is a passionate exploration of the most general questions of health, disease, suffering, care, and the human condition.

Defending Against the Enemy: Coping with Parkinson's Disease. Eric Morgan. 1997.

- A powerful, personal chronicle of coping mechanisms of a scientist and his wife, both of whom are afflicted with Parkinson's Disease. An insightful resource book containing practical ideas on diet, exercise, medication and emotional support.

If I Can Climb Mt. Kilimanjaro, Why can't I Brush my Teeth. Nan Little. 2015

- Unlike most "athlete overcomes adversity" books, IF I CAN CLIMB MOUNT KILIMANJARO, WHY CAN'T I BRUSH MY TEETH? COURAGE, TENACITY AND LOVE MEET PARKINSON'S DISEASE chronicles an older woman's unorthodox approach to managing PD. She tells stories, encouraging patients to draw from her experiences points that are relevant to their own lives. She doesn't hide. Hallucinations, constipation, compulsive behaviors, and loss are all part of the picture. So is the emotion of standing on the roof of Africa, dipping her bike wheel in the Mississippi after cycling across Iowa for seven days and paying

careful attention as her two year old granddaughter explains how to stop her “dancing hand”. Each story is laced with courage, tenacity and love.

Life in the Balance: A physician's memoir of life, love, and loss with Parkinson's Disease and Dementia. Thomas Graboys, MD. 2008.

- At the age of 49, Dr. Thomas Graboys had reached the pinnacle of his career and was leading a charmed life. A nationally renowned Boston cardiologist popular for his attention to the hearts and souls of his patients, he had a beautiful wife, two wonderful daughters, positions on both the faculty of Harvard Medical School and the staff of Boston's Brigham and Women's Hospital, and a thriving private practice.

Living Well, Running Hard: Lessons Learned from Living with Parkinson's Disease. John Ball. 2005.

- This book provides the reader with insights into the author's growth from isolation into a leadership role in Parkinson's community. His longer struggle to understand the disease provides the reader with an in-depth look at the complexities of Parkinson's. In spite of his diagnosis, he continued to run the Los Angeles Marathon, raising money toward research for a cure.

Lucky Man: A Memoir. Michael J. Fox. 2002.

- Focuses on the ten years after his diagnosis and talks about what Parkinson's has given him: the chance to appreciate a wonderful life and career, and the opportunity to help search for a cure and spread public awareness of the disease.

Michael J. Fox: Courage for Life. Barbara Kramer. 2005.

- Brief biography of Michael J. Fox

Most of Me: Surviving My Medical Breakdown. Robin Michele Levy. 2012.

- At 43, Robyn Levy was diagnosed with Parkinson's disease and, eight months later, with breast cancer. With irreverent and at times mordant humour, her memoir chronicles Levy's devastating diagnosis, her discovery of two lumps in her breast, her mastectomy and oophorectomy (after which she discovers there is no ovary fairy), her continual struggle with Parkinson's, and her life since then dealing with her diverse disease portfolio. This book was shortlisted for the 2012 Leacock Medal for Humour and 2012 Edna Staebler Award for Creative Non-Fiction.

My Degeneration: A Journey Through Parkinson's. Peter Dunlap-Shohl. 2015

- *My Degeneration* examines the current state of Parkinson's care, including doctor/patient relations and the repercussions of a disease that, among other things, impairs movement, can rob patients of their ability to speak or write, degrades sufferers' ability to deal with complexity, and interferes with the sense

of balance. Readers learn what it's like to undergo a dramatic, demanding, and audacious bit of high-tech brain surgery that can mysteriously restore much of a patient's control over symptoms. But *My Degeneration* is more than a Parkinson's memoir. Dunlap-Shohl gives the person newly diagnosed with Parkinson's disease the information necessary to cope with it on a day-to-day basis. He chronicles the changes that life with the disease can bring to the way one sees the world and the way one is seen by the wider community. Dunlap-Shohl imparts a realistic basis for hope—hope not only to carry on, but to enjoy a decent quality of life.

My Second Life: Living with Parkinson's Disease. Bill Harshaw. 2001.

- The author focuses on his journey from when he was diagnosed at the age of 37. It covers the diagnosis, denial, coping with work, early retirement, experimental neurosurgery, and taking a major leadership role in The Parkinson Foundation of Canada. His account of the two neurosurgical procedures is the first by a patient of the operations that gave him a second chance at life.

Naked Under My Coat: Writing under the influence of Parkinson's. Jocelyn Burgener 2014.

- This book is a collection of poems and short stories written during the onset and formal diagnosis of Jocelyn's Parkinson disease. Using pieces of her life, both real and imagined, she tells the story of finding her voice, even as the disease restricts her ability to journal, speak, and pray. From physics to infidelity, the edges of fear, and faith and love, *Naked Under My Coat* exposes her vulnerability and insight in the face of her challenging new reality.

No Guarantees: An Inspiring Story of Struggle and Success in Professional Sport and with Parkinson' and Cancer. Don Dietrich with Nadine Dietrich and Brad Bird. 2007.

- A story of an athlete who develops a winning attitude and overcomes all obstacles to find inner peace and happiness.

Old Age: A Beginners Guide. Michael Kinsley. 2016

- In this series of essays, Michael Kinsley uses his own battle with Parkinson's disease to unearth answers to questions we are all at some time forced to confront. "Sometimes," he writes, "I feel like a scout from my generation, sent out ahead to experience in my fifties what even the healthiest Boomers are going to experience in their sixties, seventies, or eighties." This surprisingly cheerful book is at once a fresh assessment of a generation and a frequently funny account of one man's journey toward the finish line.

Parkinson's: A Personal Story of Acceptance. By Sandi Gordon.

- "Sandi's book will touch you. It will allow you to accompany her and her young family as they retrace their life-changing journey through the maze of Parkinson's Disease. You'll be with her in her early, frantic efforts to deny its presence. You'll watch her efforts to avoid confirmation of its intrusion in her life. You'll sense her

husband's frustration and you'll understand it. Finally, you'll be allowed to share their efforts to confront it and you'll feel great respect as you observe their courage and their love when they, together, meet and cope with this Disease—head on.” Frank Williams, Executive Director American Parkinson Disease Association

Saving Milly: Love, Politics, and Parkinson's Disease. Morton Kondracke. 2001.

- Written from the perspective of a caregiver, and the emotional struggle of watching his wife live with Parkinson's.

Shaking hands: Discover Your Warrior Spirit When Battling Disease. Nelson Sleno. 2013.

- This chronicles the life of a man with Parkinson's, short in stature but huge in spirit, who grows from rebellious youth to successful teacher and athlete, representing his country numerous times on the work athletic stage, risking life and limb in extreme mountain biking and getting a black belt in Karate in his forties.

Surviving Adversity: Living with Parkinson's Disease. Gord Carley. 2007.

- Contains 28 profiles of individuals who spare their inspiring stories of how they have adjusted to Parkinson's disease. This book will provide readers with perspective and hope.

The Best is Yet to be: The memoirs of Vern Heidebrecht. Vern Heidebrecht. 2012.

- Journeying from a dirt-poor farm in Alberta and B.C., to Bible college and seminary in Winnipeg and California, to pastorates from North Dakota to California to B.C., where he built Abbotsford megachurch Northview, Heidebrecht ends each episode with “the best is yet to be....” His gracious acceptance of difficulties, like his daughter's out-of-wedlock pregnancy and his own diagnosis of Parkinson's disease, speak to his character, which was recognized by the City of Abbotsford with an award in 2006.

What Patients Say about Parkinson's Disease. 1999-2002.

- This book was written by patients and family members all having to live with Parkinson's Disease. This book includes ordinary people talking about daily life with the disease, seen in a positive perspective.

Caregiving

A Caregiver's Guide: A handbook about end-of-life care. Canadian Hospice Palliative Care Association.

- This book presents family caregivers the medical and nursing information they will need in clear, easily understood language. This will help them to understand the journey upon which their loved ones have embarked to become effective, informed members of the palliative care team and to provide essential physical, spiritual and emotion support. Sharing this journey with a loved one can be demanding but it is also one of the greatest gifts friends and families can share.

Beyond Love: A Resource Book for Caregiver Support and Education. Moyra Jones. 1991.

- Discusses how community action can strengthen a caregivers experience and how it can change the challenges that they face. Users of this book can be part of sharing knowledge, insight, and experience.

Caregiver's Guide for Canadians. Rick Lauber. 2010.

- The Caregiver's Guide for Canadians covers a broad range of caregiving issues so you can learn how to be a caregiver, know where to go for help, and balance caregiving with other responsibilities. Rick Lauber has written extensively about caregiving in Canada. He shares his own caregiving experiences and provides recommendations for other family members who are just stepping into this role.

Caring with Courage and Compassion: Notes of inspiration, loneliness, connection and love from a Parkinson's Caregiver. Susan Hamburger. 2010.

- In writing this book, Susan offers her own shoulder for others to lean on. She details the ups and downs a caregiver feels, shares her own personal experiences, and offers sound advice for those who care for someone with a debilitating illness or disability. This book is not just for those who care for someone with Parkinson's. Anyone who offers support and care for another person can learn from Susan's experiences.

Daily Comforts for Caregiver. Pat Samples. 1999.

- This self-help book brings peace of mind to those struggling with the responsibility of caring for someone with chronic or long-term health problems. The 366 daily meditations offer compassionate reassurance and gentle encouragement in simple, down-to-earth language.

Guide to Home Caregiving. Angela Perry. 2001.

- Provides the information you need to take the best possible care of an elderly, ill, or disabled person in a home setting. The book explains such essentials as how to plan and arrange a room to adapt to a loved one's needs and how to give medication, maintain hygiene, monitor symptoms and provide emotional support.

Handbook for Caregivers. Fraser Health. 2005.

- This handbook talks about being a care-receiver, being a caregiver, managing caregiving, becoming a partner with the home health care team, and community resources within Fraser Health.

Hard Choices for Loving People. Hank Dunn. 2001.

- This booklet is written to provide guidance to patients and their families who must face the 'hard choices' as they receive and participate in the healthcare. The content of this booklet comes not only from research but also from first-hand experience, as the author spent seventeen years as a full time nursing home and hospice chaplain.

Healing a Friend's Grieving Heart: 100 Practical Ideas for Helping Someone You Love Through Loss. Alan D. Wolfelt. 2001.

- This book offers practical, here-and-now, action oriented tips for companionship your mourning friend. Each idea is followed by a brief explanation of how and why the idea might help your friend.

If Only I'd Had This Caregiving Book. Maya Hennessey. 2006.

- Whether you are a caregiver for a loved one or a professional caregiver trying to help caregivers, Maya's Model is for you! Using a workshop format, the reader will move through self-discovery exercises to honor his/her unique personality and preferences, developing an individualized network to support, regardless of the loved ones condition or resources.

Living Well With Parkinson's: An inspirational guide for Parkinsonians and their loved ones. Glenna Wotton Atwood. 1991.

- Known for its upbeat, informative, and inspirational guidance, Living Well with Parkinson's includes a wealth of up-to-date medical information for Parkinson's sufferers, who number over 1 million in the U.S. alone. Combined with the author's poignant personal account of her own struggles with the disease, this new edition features coverage of pallidotomy (a new surgical technique), the dramatic implications of recent genetic research, and new drugs and therapies. The book also includes tips on dealing with social services and elder law, maintaining a positive attitude, handling issues with spouses and children, and finding support groups.

Nursing Homes and Assisted Living: The Family's Guide to Making Decision and Getting Good Care – Second Edition. Peter S. Silin. 2009.

- This second edition incorporates the new and baffling world of assisted living. It focuses on the psychological, emotional, and practical aspects of helping family members and seniors make a difficult transition.

Nursing Homes - The Family's Journey: A Guide to Making Decisions as a Family, Choosing a Facility, and Getting the Best Possible Care. Peter S. Silin. 2001.

- Being the family member of someone in a nursing home is part of a difficult and painful process that begins long before a loved one enters the home. Focusing on the psychological, emotional, and social aspects of that process, this book gives family members informative insight.

Passages in Caregiving: Turning Chaos into Confidence. Gail Sheehy. 2010.

- The author offers eight crucial stages of caregiving and offers insight for successfully navigating each one. Providing invaluable advice and guidance, this book examines the arc of caregiving from the first signs of trouble. Included are countless resources and names of advocacy groups that are there to help even the most complicated of situations, many of which are underutilized.

Patient Education for People with Parkinson's Disease and their Carers: A Manual. Marcia Smith Pasqualini & Gwenda Simons. 2006.

- This manual provides the information and materials needed for healthcare professionals to conduct an eight-session patient education program for people with Parkinson's disease and their carers, complementing medical treatment. In addition to dealing with the motor symptoms of Parkinson's disease, many people also struggle with the psychological and social effects.

Reflections for Caregivers: Comfort and Be Comforted. Pat Samples. 2001.

- This handbook offers suggestions for dealing with fatigue, anger, worry, finances and other practical matters alongside meditations on themes of hope, patience, service, love, appreciation and dozens of other vital issues. Provides a wealth of comforting, affirming thoughts in over 100 single-page reflections.

Resource Guide for Family Caregiver: 2nd Edition. Carol Hubberstey, Deborah Rutman, Sharon Hume & Betty Tate. 2006.

- This handbook outlines all of the important topics and stages that caregivers will experience. Family caregivers were interviewed to gain a better understanding of the challenges they face and the rewards they experience.

Safe and Secure: Six Steps to Creating a Good Life for People with Disabilities. Al Etmanski. 2008.

- This book is primarily for families, friends and caregivers of people with disabilities. It offers a step by step guide to creating a plan for the future which provides for the safety, security and well-being of people with disabilities. It leads the reader to look beyond professional social services when creating a safe and secure future. It offers alternatives based on the authors' personal experiences as parents of children with disabilities.

Solace: How Caregivers and Others Can Relate, Listen, and Respond Effectively to a Chronically Ill Person. Walter St. John. 2011.

- Brings insight to the process of communicating with a person who is chronically ill. This book offers guidelines that are easy to understand and a wealth of tips about what to say and do, as well as what to avoid saying and doing.

Stress Reduction for Caregivers. Jodi L. Olshevski, Anne D. Katz, Bob G. Knight. 1999.

- Simple, practical training approach that utilizes four stress reduction techniques to assist professionals in adapting the theories to their practice.

Swallow Safety: How Swallowing Problems Threaten the Elderly and Other – A Caregivers Guide to Recognition, Treatment, and Prevention. Roya Sayadi & Joel Herskowitz. 2010.

- This book will be your guide to recognizing and dealing with swallowing problems before they become life-threatening.

Taking Care of Aging Family Members: A Practical Guide. Wendy Lustbader & Nancy R. Hooyman. 1994.

- This book provides thorough and substantive advice and information on the complete range of psychological, social, and financial issues that face those involved in caring for an older person. It includes sections on spiritual concerns, ethnicity, and self-neglect, as well as updated sections on conflict resolution in families, long distance caregivers, coping with physical changes, and the woman-in-the-middle who cares for both children and parents.

The Comfort of Home for Parkinson Disease: A Guide for Caregivers. Maria M. Meyer & Paula Derr with Susan C. Imke. 2007.

- Offers basic yet complete answers to questions about caregiving. It offers practical tips for many activities of daily living and the more complicated and stressful the situations a caregiver may face. It also includes a wide-ranging list of resources for further reading and study.

The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own. Gary Barg. 2001.

- This book takes you through the early days of caregiving to the emotions and emptiness when someone dies. It offers guidelines for such topics as what to ask doctors, what you'll need from a health care provider, rehabilitation terminology, long-distance caregiving, dealing with myriad emotions, and staying healthy yourself.

The Gifts of Caregiving: Stories of Hardship, Hope, and Healing. Connie Goldman. 2002.

- In this book, more than thirty caregivers in very diverse circumstances describe how they achieved the balance that allows long-term caregiving to be possible. Includes a CD recording of the public radio program "Hardship into Hope: The Rewards of Caregiving".

The Way We Say GoodBye. MaryEllen Gillian. 1995.

- A comforting resource for bereaved families, friends, and grief counsellors. A poignant celebration of Canadian life and loss through the personal stories of real people, by those who knew them well and miss them most.

Visiting Mrs. Morgan: A Handbook for Visiting Aging, Homebound, and Hospitalized People. Julia Quiring Emblen, MN, PhD (2014).

- *Visiting Mrs. Morgan* is an essential guide for chaplains, pastors, elders, deacons, parish nurses, church members, family members-and anyone else who might have occasion to visit someone who is aging, homebound or in a hospital. The nine chapters creatively address common circumstances visitors are likely to encounter. The book offers practical suggestions about how visitors might interact with seniors in a way that sensitively expresses care and love.

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart. Alan D. Wolfelt. 2003.

- This book describes ten touchstones that are essential physical, emotional, cognitive, social, and spiritual actions for you to take to help yourself heal.

Children Books

Carina and her Care Partner Gramma. Kirk Hall. 2013.

- *This book was written to provide families with means for communicating with their children and grandchildren about Parkinson's disease. It provides details for understanding Parkinson's disease and its symptoms as well as the importance of care partners. A portion of the proceeds from the sale of this book are donated to support Parkinson's research and awareness.*

I'll hold your hand so you won't fall: A child's guide to Parkinson's Disease. Rasheda Ali. 2005.

- Educates children, family members, friends, and caregivers of Parkinson's patients about the effects of the disease by showing colorful illustrations of patients in daily situations at home and outdoors. Symptoms are explained in simple terms along with easy-to-read explanations.

My Gran has Parkinson's. Virginia Ironside. 2008

- Assist people with Parkinson's with talking to children about Parkinson's disease and answering some of the more common questions children ask about the disease.

My Grandad has Parkinson's. Virginia Ironside. 2008

- Assist people with Parkinson's with talking to children about Parkinson's disease and answering some of the more common questions children ask about the disease.

My Mom has Parkinson's. Virginia Ironside. 2008

- Assist people with Parkinson's with talking to children about Parkinson's disease and answering some of the more common questions children ask about the disease.

My Mommy has PD...Buts It's Okay! A Guide for Young Children about Parkinson's Disease.

Jan Quist. 2001.

- Assist people with Parkinson's with talking to children about Parkinson's disease and answering some of the more common questions children ask about the disease.

Our Mum has Parkinson's. Karen Goodall. 2000

- This book offers a short story about an 11 year old girl whose mother has Parkinson's. At the end of the book, there is a common question section for children.

Shaky Hands - A Kid's Guide To Parkinson's Disease. Dr. Sonia Mathur, and Sarika, Neha & Meeraya Mathur. 2015.

- This book hopes to address the questions that may naturally arise. What is Parkinson's disease? How does it feel to have Parkinson's? How is it treated? How do I deal with all the feelings I have as I see the one I love change? What can I do to help? Reading the information contained and encouraging open dialogue, will help children cope with a loved one's journey with Parkinson's.

What's wrong with Grandpa? Trudy Hutton. 1991.

- Simplifies and explains the disease on a child's level. It answers some questions commonly asked about the disease, and provides an opportunity through sharing of the book to discuss Parkinson's disease and share feelings.

Who is Pee Dee? Explaining Parkinson's Disease to a Child. Kay Mixson Jenkins. 2008.

- Colorful illustrations and a wealth of resources to help parents talk to their children's about Parkinson's.

Why does Aunt Lucy Shake? Elizabeth Gray.

- Discusses the progression of symptoms in a story for children.

Exercise, Mobility, Fall Prevention and Nutrition

Aquatic Exercises for Parkinson's Disease. A Guide for Patients and Their Families. 2001. The American Parkinson Disease Association, Inc.

- Suggested exercise program for people with Parkinson's disease.

Be Active!: An exercise program for people with Parkinson's Disease. APDA. 2010.

Canada's Physical Activity Guide for Older Adults. Public Health Agency of Canada.

Canadian Guidelines on Parkinson's Disease. The Journal of Neurological Sciences. 2012.

Dance for PD: Volume 1 (2013) (2 DVDs, 2 music CDs)

- A collaborative program of Mark Morris Dance Group and Brooklyn Parkinson Group (2hrs 20min)

Dance for PD: Volume 2 (2013) (1 DVD)

- A collaborative program of Mark Morris Dance Group and Brooklyn Parkinson Group (2hrs 10min)

Dance Video DVD– Parkinson's disease (2011) (20min)

Delay the Disease: Exercise and Parkinson's Disease. David Zid. 2007.

- This workbook describes and demonstrates specific exercises tailored to the Parkinson's patient. This manual, although great for all levels of PD patients, reaches out to the newly diagnosed patient and offers them a challenging workout. Emphasis is also placed on activities of daily living that frequently become a challenge.
- Delay the Disease. Functional Fitness for Parkinson's Disease (2010) By David Zid (1hrs 30min)

Eighty-Eight Easy-to-Make Aids for Older People & for Special Needs. Don Caston. 1985.

- This book gives step-by-step instructions to make easy and inexpensive aids with only basic skills, tools, and materials.

Exercise and Parkinson's Disease (DVD plus manual)

Exercises for Brain Health: The Complete Guide to Prevention and Treatment of Alzheimer's, Parkinson's, and Dementia through Exercise. William Smith. 2010.

- This book features safe and effective exercises for all ages and fitness levels, nutrition tips and recipes to promote brain health, and easy to follow fitness plans for long-term wellness.

Falls in Older People: Risk Factors and Strategies for Prevention. Stephen Lord, Catherine Sherrington, Mylton Menz, & Jacqueline Close. 2007

- This book is written in three parts: epidemiology and falls risk factors, strategies for prevention, and future research directions. It covers studies of tripping, slipping and stepping that accurately reflect situations in which people fall, and recent research on visual, neuropsychological and medical risk factors.

Healthy Eating for Seniors. Act Now BC.

- This handbook addresses many of the barriers to healthy eating: time, effort, knowledge and skills, taste and cost. It also addresses food safety, which is key for promoting health. It includes information about supplements and how to eat with less fat and salt, to keep a healthy body weight, to shop for healthy food on a budget, and to read labels. Also includes tips and recipes from other seniors, many of whom are dealing with new ways of eating after learning they have a chronic illness.

Jodi Stolove's Chair Dancing: A new Concept in Aerobic Fitness (2004) by Jodi Stolove (50min)

Let's Keep Moving (2009)

- Gymnastics Exercises for Parkinson Patients; Parkinson Suisse

Living a Healthy Live with Chronic Conditions. For ongoing Physical and Mental Health Conditions. Kate Lorig, Halsted Holman, David Sobel, et al. 2007

- Focused on relevancy for Canadian readers and completely redesigned for easy reading, this new edition of a vital resource is fully updated with the latest research and information on current practice, medication, legal matters, and specific conditions. The guide is full of tips, suggestions, and strategies to deal with chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions, and finding resources and support so that they are able to do the things they want and need.

Move It!: An Exercise and Movement Guide for Parkinson's Disease. Kevin Lockette. 2009.

- A complete movement, exercise and resource guide for people with Parkinson's Disease.

Non-Chew Cookbook. J.Randy Wilson. 1985.

- This cookbook is a well-organized, practical, and easy to read. It includes innovative, appetizing recipes for a group of people with serious eating problems.

Parkinson's Disease: 300 Tips for Making Life Easier. Shelley Peterman Schwarz. 2002.

- In this book, you will learn the basic lessons for conserving time and energy to be able to do more of the things you want to do. Using these techniques, you'll be more organized and able to work smarter. These tips will help you to increase the number of good days you will have and encourage you to develop your own techniques for making life easier.

Parkinson's Disease: Fitness Counts. National Parkinson Foundation, INC.

- Booklet that offers step-by-step at-home exercises for people with Parkinson's.

Parkinson's Disease and the Art of Moving (2000) John Argue

- John Argue has distilled information from his classes for Parkinson's patients into a comprehensive exercise program designed to help you improve flexibility, balance, gait, and communication.

Parkinson's Disease: Exercise Why Not! Carol Shaw, University Hospital.

- This booklet has the intent to: provide information which can help people cope with PD, discuss the role of exercise in the management of PD, and provide guidelines for exercising, walking and maintaining a good posture.

Pilates. Suzanne Scott. 2002.

- Pilates is a whole-body system that develops inner strength and flexibility, not just muscle size. This book provides strobe-like, wide-format photographs created by cutting-edge digital technology that fluidly capture entire movement sequences with key stages highlighted. Underneath the pictures, captions provide even more directions.

Pilates for Parkinson's Disease. An Instructional Handbook 2nd edition. Bettina Blank

- A practical guide of exercises to improve flexibility, posture, and balance.

PWR!Moves: Make FUNction Exercise!: A Guide to a Parkinson-Specific Home Exercise Program (2014) (Book and DVD) by Becky Farley, PT, MS, PhD (2hrs 4min)

Smart Moves - National Parkinson Foundation

- Disc 1 – Gentle Yoga (55min)
- Disc 2 – Daily Exercise (50min)
- Disc 3 – Tai Chi (36min)

Take Charge of Parkinson's Disease: Dynamic Lifestyle Changes to Put You in the Driver's Seat. Anne Cutter Mikkelsen with Carolyn Stinson. 2011

- Its focus on a healthy lifestyle, emphasizing nutrition and exercise as a way to maintain optimal health, is interspersed with the author's memoir of her journey with her husband as they discovered how to live well with PD.

The American Yoga Association's Beginner's Manual: The Definitive Guide from the Nation's Preeminent Yoga Center. Alice Christensen. 2002.

- This step-by-step guide provides people with the information and guidance they need to learn Yoga safely and effectively.

The Intrinsic Exerciser: Discovering the Joy of Exercise. Jay Kimiecik. 2002.

- This book presents four steps – physical activity, a natural expression of our evolutionary past, should become part of our self-image; we should use our bodies as a tool for exercising mastery; we should enjoy this mastery in the moment, not for external reasons like health or reducing weight; and finally, it should become an integral part of our daily life so generates “Energy”.

The Monkey Mountain Story: A new way to learn and do Tai Chi. Michael White. 2013.

- Monkey Mountain story started in a Canadian community health centre. Over the past ten years, it has been successfully introduced to groups attending community health and recreational centres and in retirement and nursing homes, in diabetes and mental health programs. Tai Chi has real benefits for all ages.

The Nintendo Wii and Occupational Therapy (2009) by Dr. Nathan “Ben” Herz (1hr 55min)

Yoga For Movement Disorders: Rebuilding Strength, Balance and Flexibility for Parkinson's Disease and Dystonia. Renee Le Verrier. 2009

- The author shows patients an ‘ease-into-it’ approach that begins with easy warm-up exercises and gradually moves into simple poses. The emphasis is on adjusting the position to each individual’s level of functioning and need.

Voice Aerobics:

Three part Workout - Songbirds (2010) (1hr)
Hi-Volt 4 PD (27min)

Why dance for PD by Brooklyn PD Group

Disc 1 (6min)
Disc 2 (22min)

General

An Essay on the Shaking Palsy. James Parkinson. 1817.

- Description of Shaking Palsy, a condition that would later be named [Parkinson's disease](#) after James Parkinson.

Anyone Can Travel: The Essential Travel Guide for Seniors, the Disabled, People with Health Problems and the Regular Traveler. Melba M. Rous & Eileen B. Ward. 1997.

- This handbook will take you step by step through your entire trip from just thinking about travelling to your safe return home. It provides questions, helpful hints and travel tips that make it easier to follow and help you plan the right trip for you.

APDA DVD:

Managing Parkinson's – Straight Talk and Honest Hope (1hr 20min)

Brain Storms: The race to unlock the mysteries of Parkinson's disease. Jon Palfreman. 2015.

- Award-winning journalist Jon Palfreman chronicles how scientists have worked to crack the mystery of what was once called the shaking palsy, from the earliest clinical descriptions of tremors, gait freezing, and micrographia to the cutting edge of neuroscience, and charts the victories and setbacks of a massive international effort to best the disease.

Courage Behind the Mask: Coping with Parkinson's Disease. Lucille Carlton and Dr. Robert E. Carlton. 1992.

Dementia with Lewy Bodies & Parkinson's Disease Dementia. J. Eric Ahlskog. 2014.

- In *Dementia with Lewy Bodies and Parkinson's Disease Dementia*, Dr. J. Eric Ahlskog draws on 30 years of clinical and research work at Mayo Clinic to arm patients and families with crucial information that will enable them to work in tandem with their doctors. Dr. Ahlskog clearly explains all aspects of these disorders, their causes, symptoms, most effective drug treatments, proper doses, and which medications to avoid. He also discusses the complications that can arise in treating these conditions, given the variety of available medications and their possible side effects and interactions.

Health is Between your Ears: Living with a Chronic Disease. Svend Anderson. 2002.

- This book is a description of some aspects of life lived with a chronic disease. Fundamentally it is about caring, being able to enjoy, keeping up hope and finding meaning in life.

In Sickness and In Health: Sex, Love and Chronic Illness. Lucille Carlton. 1996

- Information about sexual practices, including nonstressful positions and alternatives to intercourse, with an emphasis on addressing the needs of both partners.

Living with Parkinson's Disease. Kathleen E. Biziere & Matthias C. Kurth. 1997.

- Serves as a guide to learning about the disease and its potential impact on your life. It describes the nature of Parkinson's disease and treatments that are available for its management, as well as the results of research efforts devoted to the discovery of improved treatments.

Making the Connection Between the Brain and Behavior: Coping with Parkinson's Disease. Joseph H. Friedman, M.D. 2008.

- Focuses entirely on the behavioral changes associated with PD that create the most stressful problems for loved ones and family members. The self-contained chapters will help you understand and cope with these issues, as well as provide guidance on ways to communicate with your healthcare team.

Making the Connection Between Brain and Behaviour: Coping with Parkinson's Disease. Joseph H. Friedman. 2013.

- Now, fully updated and revised throughout and including three new chapters and two new appendices, this book includes even more information on a variety of treatment options, including Electroconvulsive Therapy (ECT). It is an essential resource for every person with PD and his or her family.

Monkeys in the Middle: How one drug company kept a Parkinson's disease breakthrough out of reach. Nick Nelson. 2008.

- Some said it was a miracle drug; others called it the cure. A drug known simply as "GDNF" seemed to do the impossible by actually reversing the effects of Parkinson's disease. The miracle ended in the fall of 2004 when Amgen Inc. abruptly halted clinical trials of GDNF and denied access to the drug. In "Monkeys in the Middle", investigative reporter Nick Nelson recounts the true story of the brave patients who took on the world's biggest biotechnology company for the right to be kept alive.

Navigating Life with Parkinson's Disease. Sotirios Parashos, Rosemary Wichman, Todd Melby, 2013.

- A guide for anyone affected by Parkinson's disease – patients, caregivers, family members, and friends. Containing the most up-to-date information on the disease, and emphasizing life-style adjustments that will provide a better quality of life and moderate the burden for patients and their loved ones, the book answers many questions and clarifies misunderstandings regarding the disease.

Parkinson's Treatment: 10 Secrets to a Happier Life. Michael S. Okun. 2013

- A guide to living with Parkinson's and finding hope and happiness. The book aims to inspire those with Parkinson's to discover their core values, and shares 'secrets' that will improve their lives.

Parkinson's Disease: 300 Tips for Making Life Easier. Shelley Peterman Schwarz. 2002.

- In this book, you'll learn the most basic lessons for conserving time and energy to be able to do more of the things you want to do. Using these techniques, you'll be more organized and be able to work smarter. And, most importantly, you'll be more independent.

Parkinson's Disease: A Complete Guide for Patients & Families. William J. Weiner, Lisa M. Shulman, & Anthony E. Lang. 2001.

- This book helps those who are living with Parkinson's disease make healthy adjustments to profound life changes, develop expertise in self-monitoring and self-management, and become effective partners in shared decision making with family members and medical professionals.

Parkinson's Disease: A Complete Guide for Patients and Families. William J. Weiner, Lisa M. Shulman, Anthony E. Lang, 2013.

- Updated versions containing new understandings gained by five years of additional research on Parkinson's disease; new focus on the importance of exercise; new information about imaging techniques such as SPECT Scan and DATScan that are aiding in the diagnosis; new findings about the genetics of the disease; promising uses of new technologies such as tablet devices for people who have trouble communicating; information about impulse control disorders caused by some drugs used to address the symptoms of the disease; and a complete update on treatments such as medications, surgery, and more.

Parkinson's Disease: A Guide for Patient and Family. Roger C Duvoisin & Jacob Sage. 1996.

- This book provides an explanation of Parkinson's and its symptoms, as well as the treatments available.

Parkinson's Disease: A Self-help Guide for Patients and their Carers. Marjan Jahanshahi & C. David Marsden. 1998.

- This book is designed to fill the gap that is too often left in doctor-patient communication, with patients being given minimal information about their condition and its treatment, and the family being left to adapt alone to the long-term implications of the diagnosis.

Parkinson's Disease and the Family: A New Guide. Nutan Sharma & Elaine Richman. 2005.

- This book provides a thorough review of the etiology, diagnosis, and current treatment of Parkinson's disease, with special consideration given to the effect on family dynamics and routines; including the often neglected topics of long-term care and sexual function. It also reviews the pros and cons of various alternative therapies, including nutritional supplements, massage, and traditional Chinese medicine.

Parkinson's Disease and Quality of Life. Lucien Cote, Lola L. Sprinzeles, Robin Elliott, Austin H. Kutscher. 2000.

- Discusses common problem areas seen in patients with Parkinson's disease and provides you with effective treatments through data and case studies.

Parkinson's Disease for Dummies. Michele Tagliati, Gary Guten and Jo Horne. 2007.

- In *Parkinson's Disease for Dummies*, you'll discover how to keep a positive attitude and lead an active, productive life as this user-friendly, guide pilots you through the important steps toward taking charge of your condition.

Parkinson's Disease: The Way Forward! By Dr. Geoffrey Leader & Lucille Leader (2001).

- This user-friendly book combines doctors, health professionals of diverse skills. patient and carer, to present a composite picture of dynamic management. Optimizing function, it enhances the therapeutic spectrum, enabling patients and carers to make informed choices and reduce the feeling of helplessness experienced by the lack of knowledge.

Parkinson's Diva: A woman's guide to Parkinson's disease. Maria De Leon. 2015

- *Parkinson's Diva* is a personal and professional accounting of a young Parkinson's doctor's experience with the disease in all realms of her life . . . from doctor, caregiver, and ultimately as a young Parkinson's patient herself. Not only does Dr. Maria De León cover important basics of PD and research-based data, she also shares the personal concerns and gender-specific battles that young women who live with the disease must face. She encourages all of us to be empowered through education, self-awareness, and faith. This book is about embracing your own style and grace in your journey with PD . . . as Maria says "summoning your inner diva."

Practical Pointers for Parkinsonians. Lucille Carlton. 2010.

- Provides information for aid in daily living.

Sex, Love & Chronic Illness. Lucille Carlton. 1994.

- Focuses on the intimacy problems of couples when one person has Parkinson's. The information can certainly be applied to couples dealing with other physical handicaps. The author offers particular hope for those who fear their disabilities will keep them from enjoying sex.

Shaking Up Parkinson Disease: Fighting Like a Tiger, Thinking Like a Fox. Abraham Lieberman. 2002

- Using patient case studies, facts about the disease, a survey that assesses quality of life, and Biblical references, the author shows how patients at all stages of the disease can maintain their quality of life.

The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music. Mitchell L. Gaynor, M.D. 1999.

- The author presents his sound-based techniques for self-healing. Discusses techniques that anyone can use, whether faced with a life-threatening disease or simply seeking relief from the stresses of daily life. The book includes twelve exercises, including breathing, meditation, and the use of pure vocal sound to resolve tension, release emotion, and spur on the healing process.

The Neurowriters' Guide to the Peripatetic Pursuit of Parkinson's disease. Parkinsons Creative Collective (2013).

- This book provides information and inspiration to improve life with PD. The Parkinsons Creative Collective compiled this anthology of experiences containing articles by over 100 experts on PD -- the patients themselves. They speak with compassion and honesty to those newly diagnosed as well as to those who have lived with PD for years. Personal narratives help the reader understand the emotions and remember the facts in this full color, illustrated resource. Going beyond the basics and presented from the patients viewpoint, the book includes: strategies to improve health, quality of life, and wellness in spite of PD; opinions about the development of new treatments; and how to face a wide range of life challenges that accompany a PD diagnosis.

Understanding Parkinson's Disease: A Self-Help Guide. David L. Cram. 1999.

- The author, both a physician and PD patient, discusses topics such as how Parkinson's disease is diagnosed, drug therapy, exercise, coping, and caregiver care.

Undeclared- An Intimate Portrait of Parkinson's (2013) (60min)

Voices from the Parking Lot: Parkinson's Insights and Perspectives. Dennis Greene, Joan Blessington Snyder & Craig L. Kendell. 2000.

- A compilation of poetry, prose, short stories and artwork all done by people with Parkinson's or people who love them. It is a collection of work that illustrates that while the body may be imprisoned by Parkinson's, the mind and spirit are free and creative.

Medical References

10 Breakthrough Therapies for Parkinson's disease. Dr. Michael Okun. 2015.

- This book is the sequel to his runaway bestseller, *Parkinson's Treatment: 10 Secrets to a Happier Life*, which was translated into over 20 languages. In his latest book he reveals the breakthroughs in Parkinson's disease that will pave the road to meaningful progress. In this book he reviews all of the recent breakthrough ideas and therapies in Parkinson's disease, and he reviews the knowledge gained which is extending far beyond a single drug or stem cell.

Ask the Doctor about Parkinson's Disease. Michael S. Okun & Hubert H. Fernandez. 2010

- Written by two of the most well-known and respected experts in the field of Parkinson's Disease. They answer everyday questions in easy-to-understand language.

Being Mortal: Medicine and What Matters in the End. Atul Gawande. 2014.

- Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

Comprehensive Nursing Care for Parkinson's Disease. Lisette K. Bunting-Perry and Gwyn M. Vernon. 2007.

- Discusses current evidence-based standards of care, including management through DBS, palliative care for frail older adults with Parkinson's, medication management, nonmotor complications and psychosocial issues, and complementary and alternative approaches.

Deep Brain Stimulation: A New Treatment Shows Promise in the Most Difficult Cases. Jamie Talan. 2009.

- The author takes us to the forefront of the brain research with an accessible introduction to DBS, tracing the history, presenting the latest developments from preeminent scientists, and providing firsthand accounts from patients.

DBS: A Patient Guide to Deep Brain Stimulation. Sierra Farris and Monique Giroux (2013)

- This guide offers a wealth of information about DBS for Tremor, Dystonia and Parkinson's disease whether new to DBS or already living with DBS. The authors bring 14 years' experience working as a DBS team in treating over 1000 patients with DBS. Their easy to read format is packed with long-term care tips, DBS specific lifestyle tips and caregiver impact is discussed. Finally, myths and controversies make this book unique and an important guide for you- the patient.

Mayo Clinic Book of Alternative Medicine, 2nd Edition. 2016.

- This new book is your guide to safe and effective therapies from the world of complementary and alternative medicine. This book offers steps you can take on

your own to achieve and maintain health and wellness. Developed by Mayo Clinic physicians and editors, this easy-to-understand information addresses natural therapies for covering 20 top health issues.

Mayo Clinic on Better Hearing and Balance: Strategies to restore hearing, manage dizziness and much more. Mayo Clinic. 2015.

- Mayo Clinic on Better Hearing and Balance, Second Edition offers helpful guidance to find an effective treatment for your ear-related problems—one that fits your individual needs and lifestyle.

Parkinson's: Stepping Forward. Dr. David A. Grimes. 2004.

- This book explains in straightforward language what we know and don't know about Parkinson's, and how its various stages can be identified and treated. It offers a wealth of practical, hands-on tips for adapting homes and lifestyles to the needs of those affected.

Parkinson's Disease. Manuchair Ebadi and Ronald F. Pfeiffer. 2005.

- Covers the historical background, neuropathological and neurophysiological characteristics, epidemiological aspects, clinical features, current treatment approaches, and potential therapeutic methods.

Parkinson's Disease: A health policy perspective. Martin, Suchowersky, Burns & Jonsson. 2010.

- Part of the successful Institute of Health Economics (IHE) book series, this handbook and ready reference adopts a unique approach in combining policy recommendations with specific treatment options for Parkinson patients. The first part of the book deals with the clinical medical, social and economic aspects of Parkinson Disease. These ten chapters include the latest diagnosis and treatment options for patients, the economic consequences, social and ethical implications and end-of life issues. The second part of the book essentially covers a large-scale case study on Parkinson in Alberta, Canada, since most of the issues discussed are relevant in all developed countries. With its strong focus on correct diagnosis and early intervention, this is an invaluable guide for clinicians and policymakers dealing with this devastating disease.

Parkinson's Disease: Theory and Practice for Nurses. Lesley Swinn. 2005.

- Delivers evidence-based, patient-centered nursing care for patients and families with Parkinson's disease. Discusses the common difficulties that are encountered in patients' day-to-day lives and gives practical advice on how the nurse can help and support patients and their families.

The Parkinson's Disease Treatment Book: Partnering with Your Doctor to Get the Most from Your Medications. Dr. Eric Ahlskog. 2005

- Ultimate guide to symptoms and treatment. Reliable, easy-to-grasp information on Parkinson's disease.

The New Parkinson's Disease Treatment Book: Partnering with your doctor to get the most from your medications by Dr. Eric Ahlskog. 2015

- In this second edition follow-up to the extremely successful first edition, Dr. Ahlskog draws on thirty years of clinical experience to present the definitive guide to dealing with all aspects of Parkinson's Disease, from treatment options and side effects to the impact of the disease on caregivers and family.

Therapeutics of Parkinson's Disease and Other Movement Disorders. Mark Hallett and Werner Poewe. 2008.

- Provides practical recommendations for every day clinical practice and a comprehensive update on therapies for Parkinson's disease and other movement disorders.

Mental Health

Alone in a Crowd? Social Isolation of Seniors in Care Facilities. Association of Advocates for Care Reform. 1997.

- This handbook describes life from the perspective of seniors living in care facilities and of those involved with them. It describes how meaningful relationships for people who live in care facilities can flourish or falter, and how some people become socially isolated even with many other people around them.

Keeping Busy: A Handbook of Activities for Persons with Dementia. James R. Dowling.

- Describes a variety of activities designed to bring meaning and enjoyment to the lives of persons with dementia. The activities are organized according to general categories such as music, exercise, horticulture, pets, humor, and social events.

Making the Brain Body Connection. Sharon Promislow. 2005.

- Introduction to the new physiology, the interface between our emotions, body, mind and spirit.

The Anxiety & Phobia Workbook. Edmund J. Bourne. 2000.

- Practical and comprehensive guide offering help to anyone who is struggling with panic attacks, agoraphobia, social fears, generalized anxiety, obsessive-compulsive behaviors, or other anxiety disorders. Step-by-step guidelines, questionnaires, and exercises that will help teach skills and suggest lifestyle changes necessary to achieve a full and lasting recovery.

The Brain That Changes Itself. Norman Doidge. 2007.

- Describes how our thoughts can change the structure and function of our brains, even into old age. Introduces principles we can all use as well as a riveting collection of case histories.

The Brain's Way of Healing: remarkable discoveries and recoveries form the frontiers of neuroplasticity. Norman Doidge, MD. 2015

- Norman Doidge's revolutionary new book shows, for the first time, how the amazing process of neuroplasticity healing really works. It describes natural, non-invasive avenues into the brain provided by the forms of energy around us—light, sound, vibration, movement—which pass through our senses and our bodies to awaken the brain's own healing capacities without producing unpleasant side effects.

Quiet Mind: A Beginner's Guide to Meditation. Susan Piver. 2008

- Six simple practices presented by leading Buddhist teachers. Includes a CD of guided instructions.

Understanding Depression: What we know & what you can do about it. J. Raymond DePaulo Jr. 1995.

- Causes of depression and the behaviors that is commonly associated with it, as well as discussing every available treatment for depression and bi-polar disorder.

Walking Through Grief: Helping others deal with loss. Crisis & Trauma Resource Institute Inc. 2015.

- This workbook is designed to give helpers an increased awareness of the dynamics of grief, and to provide tools and strategies to best support someone who is grieving. Cultural and popular understandings of grief and loss, and the influence these have on how we experience and work with grief will be explored.

When Things Fall Apart. Pema Chodron. 2000.

- Drawn from traditional Buddhist wisdom, Pema Chodron's radical and compassionate advice for what to do when things fall apart in our lives goes against the grain of our usual habits and expectations. Included in the book are practices for reversing our negative habitual patterns, ways to cultivate compassionate, energetic action and ways to use painful emotions to cultivate wisdom, compassion, and courage.

Worry the Trap: How to Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy. Chad Lejeune. 2007.

- Discusses a revolutionary new approach to resolving a wide range of psychological problems, and methods to help break the cycle of chronic worry.

New Diagnosis

A Patient-Expert Walks You Through Everything You Need to Learn and Do .The first year Parkinson's Disease: An essential guide for the newly diagnosed. Jackie Hunt Christensen. 2005.

h.o.p.e: Four Keys to a Better Quality of Life for Parkinson's People. Hal Newsom. 2002.

- This book is a book of hope for the newly diagnosed Parkinson's person. It also serves as a helpful reminder of how to enjoy a better quality of life for those who have disease for many years. The author shares some personal guidelines that he now lives by and offers some tips on how to face the challenges that may lie ahead.

The First Year-Parkinson's Disease: A Essential Guide for the Newly Diagnosed. Jackie Hunt Christensen. 2005.

- Discusses the management and treatment of Parkinson's disease within the first year of diagnosis.

2005 PSBC DVD:

- New Diagnosis Seminar

Young Onset

Alter Your Course: Parkinson's - The Early Years. Sierra Farris and Monique Giroux (2014)

- This book is written to give you the guidance, support and confidence you need to influence your future and alter the course of your life with Parkinson's disease. This book is not intended to be filled with facts about the disease; there are many books that cover these topics.

Defying Despair: How One Man is Winning His Battle With Young Onset Parkinson's Disease. Anthony Scelta Jr. 2003.

- This book provides an inspirational story, but more importantly, it offers readers a mind-body strategy to create their own success stories. This strategy contains practical information on how to feed the mind and easy guidelines on how to train the body.

When Parkinson's Strikes Early: Voices, Choices, Resources and Treatment. Barbara Blake-Krebs & Linda Herman. 2001.

- Contains email conversations, essays, poetry and life stories of young people with PD, combined with information on diagnosis, treatment and self-help options

Young Parkinson's Handbook. A Guide for Patients and Their Families. 2008. American Parkinson Disease Association, Inc.

- - A summary of "the basics" to enhance your understanding of what is happening in the body and the brain, the available treatment options, and some unique features of having PD at a young age.