

PD CARE PARTNER CORNER-2026

VIRTUAL SUPPORT GROUP FOR PARKINSON'S CARE PARTNERS

Registration is now open for the PD Care Partner Corner in 2026, a virtual Support Group hosted on Zoom the first Monday of each month for those caring for someone with mid to advanced stages of Parkinson's disease (PD). Whether you are a spouse, adult child, or family member / friend helping your loved one navigate Parkinson's, this support group is just for you. Each meeting will begin at 6:30 pm with an educational session that provides practical tips for caring for your loved one with Parkinson's. We will then breakout into smaller zoom groups on like PD journeys to build community and camaraderie, share tailored resources, and support one another with hope and optimism. This group is facilitated by Brooklyn White, a former care partner for her father with PD, and Program Coordinator with the UAB Comprehensive Movement Disorders Center.

MONTHLY - FIRST MONDAYS
6:30 PM: EDUCATIONAL SESSIONS
7:30 PM: SUPPORT GROUP

AGENDA

January: Understanding PD and our Role as Care Partners

February: Building our Circle of Care

March: Balancing Independence with Helping

April: Managing Caregiver Burnout and Stress

May: Preparing for a Future with PD

June: Caring through Progression: Coping with Emotions and Ambiguous Loss

July: Tips for Staying Organized

August: Cognitive Change on the Continuum

September: Home Safety and Tips for Navigating Daily Activities

October: Care Partner Resources

November: Incontinence: Changing Roles of Intimacy

December: Year-end Wrap-up

Register Online:

https://uab.co1.qualtrix.com/jfe/form/SV_5vvgc3XX6ktSa34

or by emailing / calling

Brooklyn White at

bawhite@uabmc.edu 1.205.706.7320

REGISTER NOW!

Once you have registered, you will be contacted by the facilitator.

Zoom links will be provided prior to the program's start.