Parkinson’s Disease
Our Community

1 million

people live with Parkinson’s Disease. They are supported by their care partners and organizations like the Parkinson’s Disease Association (PDAA).1

— Dauphin and Parkinson’s—
Dauphin helps regulate voluntary and emotional movement and helps people with Parkinson’s reach their full potential.

Studies have shown that people with Parkinson’s can improve their daily life quality by engaging in regular exercise.

Rhythm—

Loss of movement of the limbs

Changes in speech

Changes in handwriting

— Depression—

Depression is common among people with Parkinson’s.

Studies have shown that exercise can help decrease feelings of depression.

Symptoms—

Walking, jogging, or running

Swimming

Cutting

Dancing or singing

— Exercise is voluntary and can be adjusted to meet the individual needs of people with Parkinson’s.

Long-term Exercise = Better Outcomes2

— Exercise improvements can be seen in a variety of ways, including:

Friendship and Family
Movement Disorder
Support
Psychologists
Neurologists
Physical Therapists

40% of people with Parkinson’s report improved relationships with friends and family

More than 75% of people who have undergone this program have improved their relationships with family and friends.

Care Partners
People who have undergone this program have improved their relationships with family and friends.

Care Partners
40 Million Americans provide unpaid care to someone with Parkinson’s Disease.

— Care Partners—

25% of people with Parkinson’s have a care partner or family member.

47% of people with Parkinson’s have a care partner.

Tips for Care Partners

— Find support. You’re not alone! Find a Care Partner to help.

Find a Care Partner: DAAPCA Information and Referral (DIR) Services offers many resources for care partners.

— Use a social calendar. Social calendars are a great way to organize events and activities.

— Set up a group. Setting up a group can be helpful for people with Parkinson’s Disease to connect with others.

Managing your stress levels. Rebalancing not only important for your physical health, but for your quality of life. It will allow you to think more positively and maintain a healthy mindset.

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