



PMD Alliance

Parkinson & Movement Disorder Alliance

GUIDE TO **PROGRAMS**

“ When you are open and
allow others the gift of being with you,
you find resilience. ”

Sarah Jones, Founder of PMD Alliance

RESILIENCE BLOOMS HERE

Welcome

to the PMD Alliance Community

At Parkinson & Movement Disorder Alliance (PMD Alliance), our focus is YOU first, then the disease.

We listen deeply to you—to the needs and pain points of our community—in order to support everyone impacted by a movement disorder, including those who care for them. Through dynamic resources and meaningful online, on-demand, and in-person programs that we develop from hearing your most pressing concerns and questions, we organize the chaos of the disease, empowering our entire community to cultivate resiliency, spark connections, and reignite their vitality.

We ride the waves of a movement disorder with you. **You are never alone.**

*Join us in our innovative quest
to enliven and empower today:
PMDAlliance.org.*





YOUR **ECOSYSTEM**®

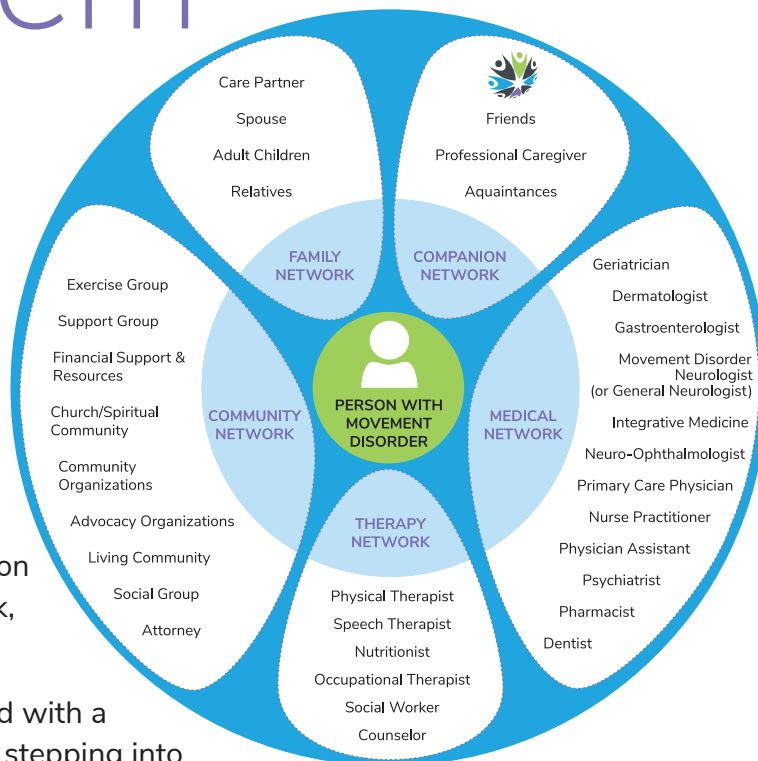
A VILLAGE OF CARE THAT ORGANIZES THE CHAOS OF THE DISEASE

Movement Disorder Care and Support Ecosystem[®]

What is the Ecosystem[®]?



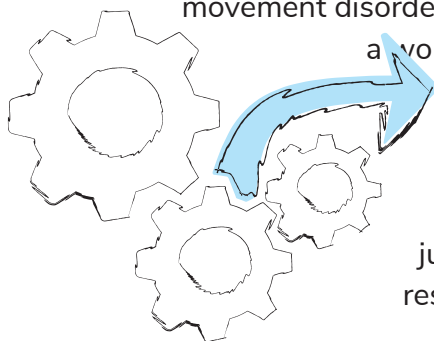
Our Movement Disorder Care and Support Ecosystem[®] is our guiding star, and it draws on the truth of our interconnectedness, affirming that it takes a village to ride the waves of a movement disorder. Always, it includes the person with a movement disorder at its center, surrounded by each support network that's crucial to that individual's wellbeing and resilience: the Family Network, Companion Network, Medical Network, Therapy Network, and Community Network.



When you or someone you love is diagnosed with a movement disorder, it can feel like stepping into

a world without rules. **The Ecosystem[®] brings**

order and clarity. To best serve every person with a movement disorder, all the support networks—the entire community of care—needs to be well-informed, listened to, and served with resources. Since PMD Alliance's inception, we don't stop at offering programs just for people with a movement disorder; we build empowering resources and support for every member of the Ecosystem[®].





PROGRAMS

KNOWLEDGE AT YOUR FINGERTIPS, LIVE AND ON-DEMAND

Live, In-Person, and On-Demand Programs Designed for You

Neuro Life Online®: Dynamic Online Programs

Every week, we put you in touch—with just a click—with experts and allies from throughout the Movement Disorder Care and Support Ecosystem®. **Our live-streaming, interactive online programs and wide-ranging on-demand video library do away with “white coat” formality and allow you to engage and learn on a practical, personal level with experts.**

Our extensive online program offerings go deep, covering a breadth of topics and including resources for a diversity of program participants. Through our comprehensive program portfolio, you can expect to find their benefits on the next three pages.





Interact with Experts

Engage in live, interactive discussions with our extensive global Medical Network: Movement Disorder Neurologists, Neurosurgeons, Psychiatrists, Advanced Practice Providers, and more. This is your chance to ask the questions that matter most to you in a supportive learning environment.



Deep-Dive into Symptoms & Treatments

Knowledge is power. Go beyond the surface with movement disorder experts as they unpack specific symptoms and aspects of the disease along with innovative and effective treatments and therapies.



Learn the best ways to communicate your symptoms to your healthcare team so that you receive care that's tailored to you.



We provide these live and on-demand programs at no charge to our community because everyone impacted by a movement disorder deserves to feel empowered.

Check out our offerings and sign up for a meaningful program today.



Take a Whole-Body, **Whole-Being Approach**

Unite body and mind in interactive, cutting-edge programs led by movement disorder experts who explore integrative medicine.



Discover the power of nutrition, mindfulness, meditation, yoga, acupuncture, and other lifestyle care options that can enhance your wellbeing, your sense of peace, your relationships, and your vitality.

Get started with resources designed for each member of the Ecosystem[®] using the QR code above.



Empowering, On-Demand **Video Library**

If life throws you curveball and you have to miss the live, online program you were waiting for, we've got your back with an extensive on-demand library of all our Neuro Life Online[®] programs. Choose from thousands of hours of educational expertise from specialists across the Movement Disorder Care and Support Ecosystem[®] on a diverse range of topics anytime you want, day or night, from the comfort of your home.





Get **Moving**

Living life fully with a movement disorder is about more than medications. Get moving with fun, engaging, and empowering leaders in our Therapy Network: Speech Therapists, Physical Therapists, Yoga Instructors, Dance Teachers, and more. Feel the energy of moving in unison with our online community as you learn exercises that give you more control of your body and your symptoms.



Support the Support System: Programs **Just for Care Partners and Adult Children**

Loving and caring for someone with a movement disorder is complicated. We help care partners and adult children navigate the chaos of the disease.



We offer thorough one-hour programs with experts to deep dive into issues that concern care partners and adult children. Knowing how busy you are, we also offer bite-sized videos and accompanying resources in our Getting Real!™ Online platform covering everything from symptoms, to practical tips for disease management, to support through an online chat forum and facilitated discussion group.



“PMD Alliance has been hugely helpful. It’s kind of like having a friend next door—you’re right there. In fact, it’s like PMD Alliance intuitively understands the needs of those on the frontlines in the moment. It’s as though you have your finger on our heartbeat.”

Nancy, Care Partner

“ Parkinson’s is such a daunting disease; it’s easy to be overwhelmed. Mark and I feel so fortunate to have found PMD Alliance who provides patient and caregiver education, research updates, and exercise and social programs. PMD Alliance has truly been a lifesaver for us. ”

Mimi and Mark

Complementing our robust online resources, we come together in person to deepen our experience of community.



IN-PERSON PROGRAMS

RESILIENCE BLOOMS HERE

Trailblazing In-Person Programs

Uncover Tools &
Inspiration
in Your Community
Get Moving

Ask Experts Your Most
Pressing Questions
Discover Lifestyle Tips
Care Partners –

Get the Answers You
Need in our Renew!®
Retreats and Getting
Real!™ Programs

We offer diverse, engaging programs in cities and towns across the country. In our in-person workshops, you'll glean new insights, feel the uplifting energy of community, access empowering resources, and interact with movement disorder experts. You'll also experience hands-on applications of these lessons because hands-on experience is how we turn information into power.

SOCIALIZE IN NOURISHING COMMUNITY

There's nothing quite like sitting across from others navigating a similar journey and being in their energy.

Our in-person programs are an enriching chance to spark connections and bask in friendship. You'll also get the opportunity to engage with local partners from throughout the Ecosystem® who can help you best equip your PD and movement disorder toolbelt.



“These events not only supply great information, but give us the opportunity to socialize, converse, make new friends, see old friends and, hopefully, laugh a lot.”

*John and Bernadette,
spouses navigating PD together*



We want to meet you!

Check out our line-up of enriching in-person programs, and let's get together!



GROUPS OF SUPPORT

Supportive Online Groups

Being part of a community of people who are walking a similar path where you can safely and freely share what you're feeling is nourishing. Our online communities are intimate, incisive, and inspiring. Share honestly the issues and questions that matter most to you and receive your peers' firsthand tools and tips. Feel heard with tenderness and understanding, laugh, cry, lean on each other, and spark lifelong friendships.

“ ”

“There's a lot ahead of me that I'm not prepared for, which is why I attend the PMD Alliance online community. What's helped me is seeing how many people are dealing with it, too. They're doing it, which reminds me, when the time comes, whatever comes up, I can do it, too.”

Cindy, Care Partner





PMD ALLIANCE'S ONLINE COMMUNITIES OFFER SUPPORT FOR:

Individuals with **Movement Disorders**

Your peers are a wellspring of knowledge, advice, and understanding. Experience the grace of companionship with those who are in similar shoes and remember: you're not alone.

Individuals with **YOPD**

"You're too young to have Parkinson's!" Loneliness, misunderstanding, and invisibility are all too common when you're living with Young Onset Parkinson Disease (YOPD). We're here to change that, inviting you from isolation into compassionate community. Join the conversation as we build the connections and resources you deserve to live well with YOPD.

Individuals who are **"Flying Solo"**

As a single person, your needs and experiences are different than those who live with a partner. Connect with peers who know what this is like and share your challenges, concerns, and tips. Discover support and encouragement.

Care Partners, Adult Children, and Other Family Members

Care partners and family members deserve a space of their own to share their unique needs and experiences. When you're tending to a loved one with a movement disorder, your wellbeing matters, too. Renew your reservoir of giving with the advice, support, and friendship of your peers.



You don't have to do this alone. Join an online community today and discover the restorative power of connection.



Training & Resources

“ ”

“By acknowledging and supporting group leaders, PMD Alliance not only strengthens and helps the leaders, it has a tremendous positive impact on the people they’re trying to help, too. The ripples spread out!”

Anna,
Support Group Leader



Support Group in a Box Toolkit®

Recognized as our flagship program, reaching thousands of support group leaders globally, impacting tens of thousands of community members

For support group leaders, movement disorders are personal. You’ve made it your mission to support people impacted by a movement disorder. We see how much you care and know your work and dedication is crucial to the Movement Disorder Care and Support Ecosystem®. By showing up for our community and holding space, you provide an outlet for people with Parkinson’s and other movement disorders, their care partners and loved ones to express and address their feelings, be cheered on and bolstered by community, and exchange firsthand tools and tips.

When you become a support group leader, not only do you impact the people in your groups, but your impact ripples out to their family, friends, community, and beyond.

Whether you’re just getting started or are a veteran leader, **as part of our free In Sync!® Network, you’ll have access to:**

Online Workshops & In-Person Trainings
Resource-Filled Newsletter
Extensive Video Library



If you’re curious about becoming a support group leader or want the tools to keep growing, we believe in you and we’re ready to empower you to serve. Explore our resources today and discover what’s possible for you and your group.



YOUR TOOLS

Your Tools

PD&Me App

Spark Connections.

Get Moving in Virtual Community.

Discover Local Support and Exercise Groups.

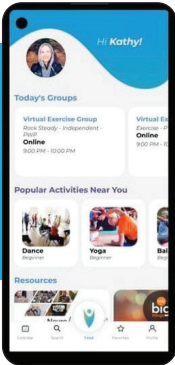
Connect with a Movement Disorder Specialist.

Make connections anywhere in the country by searching thousands of classes and resources at your fingertips, available on our mobile app through iPhone and Android.

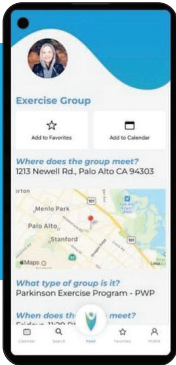
Whether you're looking to exercise from the comfort of your home or seeking to spark connections in-person through support groups or local classes with neighbors on a similar path, our app will help you find the right resources for you.



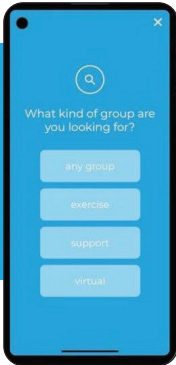
See groups near you today



Add groups to your calendar



Find virtual exercise and support groups



Download the app today to easily access the reinvigorating support of your Community Network.

Getting Real!™ Online

RELIABLE, BITE-SIZED INFORMATION FOR CARE PARTNERS AND ADULT CHILDREN AT THE CLICK OF A BUTTON

Care partners shouldn't have to waste precious time digging through a dizzying amount of online options that may not be trustworthy to get the answers they need.

Getting Real!™ Online is the reputable tool for care partners, adult children, and family that provides short, easily-digestible, on-demand videos created by experts who cover everything from symptoms, to practical tips for disease management, to support.

With our free Getting Real!™ Online tool, you also get access to a care partners chat forum to interact, learn from, and experience connection with your peers.



Real Talk: Care Partner Discussion Group

This professionally-facilitated online discussion group is designed exclusively for those caring for a loved one impacted by a movement disorder, offering a deeper level of conversation. This discussion, guided by a social worker, may focus on material from the Getting Real!™ Online video library or engage in roundtable conversation.



Care Partners, find the support and answers you need today with **Getting Real!™ Online**.



I am from
stiff and sore muscles
twisting and pushing.

I am from
determination and perseverance.

From
sweat and from tears.

I am from
the strength in my gut.

I am from
hope.

*Lauren Simmons,
person with Parkinson disease*

YOU ARE SO MUCH MORE
THAN A DIAGNOSIS.



PMD ALLIANCE.ORG



We bring it all together at **PMDAlliance.org.**

Our website is our home base, uniting communities from across the globe and enriching you with dynamic, in-depth, and diverse resources.

You are never alone.

Let's ride the waves together.



Our programs are free, but not without cost.
Join us in reaching and empowering everyone impacted by a
movement disorder by making a gift today.



We are innovators.

We believe this journey requires collaboration.

We believe stretching and risk-taking are imperative.

We believe people are more than their disease.



PMD Alliance

Parkinson & Movement Disorder Alliance

ABOUT PARKINSON & MOVEMENT DISORDER ALLIANCE (PMD ALLIANCE)

We are an independent, national 501(c)3 nonprofit organization dedicated to providing opportunities for people to learn, live life more fully, and spark meaningful connections around them.

We're always people-oriented. Whether living with a movement disorder, a care partner, adult child, support group leader, or healthcare professional, we meet the needs of those we serve by providing solutions that fundamentally enlighten, inform, and incite positive change.

Join us in awakening hope and inspiring resilience today.

EIN 47-5315579

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 [parkinson-&-movement-disorder-alliance](https://www.linkedin.com/company/parkinson-&-movement-disorder-alliance)