

TAVIE *in* **MOTION**

*Treatment, Assistance,
Virtual Nurse Intervention,
and Education*

**RESOURCES TO MEET THE DIFFERENT
TYPES OF NEEDS**

Responding to a need for information

There are many human and material resources you can call upon to respond to a need for information.

These may include health professionals such as medical doctors, nurses, pharmacists, occupational therapists, physiotherapists, speech therapists, nutritionists, social workers and kinesiologists, as well as legal professionals such as notaries, lawyer and public curator.

The community local services center (CLSC in Québec), the local volunteer centre and government agencies may also be helpful.

You should not forget the other couples who live with Parkinson's and who have an enriching life experience. You can visit the Parkinson Quebec website or call to the information line to get information about support groups available near from your area.

<https://parkinsonquebec.ca/en/>

Books like [The Info Parkinson Guide](#), brochures, web interventions, and internet sites that are credible and recognized are a kind of library of information.

Finally, there is the "[Parkinson's disease](#)" brochure from the Québec Public Library Association which is updated annually and contains useful information. You can access this brochure and other thematic booklets by following the link below:

<https://bibliosante.ca/en/>

Responding to a need for physical and emotional support

There are **many people** around you who may be able to help if you need emotional or physical support. For example, your spouse, your children and grandchildren, your family and friends, a brother, a sister, your faithful friend, your colleague with whom you have an affinity, your neighbour who could be very receptive and willing to collaborate with you, or other couples who are going through the same situation as you.

The healthcare professionals at your **community local services center** and your local **in-home support services** are also an essential resource when physical support is needed.

Also at the emotional level, a **pet** can sometimes be a source of happiness and help you feel less alone.

You can also think of **activities that make you feel good**, that you enjoy and that are more relaxing. Even a walk in the nature is a good idea.

And for some, being part of a **support group** experiencing with Parkinson's and having a **spiritual life** can be valuable allies in meeting an emotional need.

Responding to a need for social activities

Despite the presence of Parkinson's, you may want to continue or have more recreational activities, hobbies and outings that you enjoy.

The value of engaging in these social activities is also to share time with people who have very similar interests to those of you.

With whom?

You may have social activities with several relatives, such as:

- your spouse
- your children
- your grandchildren
- your family
- a neighbour
- your long-time friends

Where?

There are many places to participate in these activities, such as:

- social clubs
- libraries
- cultural, sports, community or day centres
- on line activities

How do you do it?

You can also join exercise or walking groups, individualized trips or organized groups.

More suggestions?

Coffee shops, restaurants and community centres can also be great places to meet and chat over a snack, beverage or meal!

Responding to a need for material support

Your community local services center

If you need material support, you can make a request to your community local service centre to assess your situation and determine the care, services or assistance that would benefit you.

This assessment takes into account your abilities and resources. Co-operative services and private agencies listed at your community local services center can also play this role.

More resources

To meet your need for material support, there are also other resources:

- rehabilitation or volunteer action centres
- community agencies and organizations
- government agencies

They offer a variety of support programs, such as stickers along with disabled parking permits for people with mobility impairment, paratransit, or volunteer transportation for people with loss of independence, financial counselling and many other services.

You can also turn to pharmacies and adapted equipment stores as well as social economy co-ops for house cleaning, meals, respite, care, if needed.

For more information, visit:

Government of Quebec Guide

<https://www.quebec.ca/en/family-and-support-for-individuals/seniors/programs-services-for-seniors>

Parkinson Quebec's Financial Resources Guide

<https://parkinsonquebec.ca/en/living-with-parkinsons/employment-financial-resources/>