PARKINSON QUÉBEC

Have you been diagnosed with Parkinson's?

It can feel like a lot to take in. You may not know where to start, and that's okay. You don't have to figure this out on your own. There are resources to help you along the way.

You're not alone!

Parkinson Québec and its network of regional partners are here to support you.

Across Québec, a support network is here for you.

Parkinson Québec works at the provincial level to develop reliable resources and support research on the disease.

Regional partners are local organizations that offer support, activities, and help you navigate daily life.

Together, we work in complementary ways to support you, every step of the way.

Ready to find out how we can help?

Where to start after a Parkinson's diagnosis



A Parkinson's diagnosis can come as a shock. It's normal not to understand everything right away. When you're ready, know that **you're not alone.**

Understanding the condition and finding support

In a new situation like this, it's normal to have a lot of questions. Over time, understanding the condition can help you feel more in control.

Parkinson Québec (provincial organization) develops reliable, evidence-based online resources to help you better understand the condition and manage it in your daily life.



For example, you'll find:



- **Podcasts** and **webinars** on how Parkinson's progresses, cognitive changes, fatigue, and other challenges;
- **"Expert advice"** video series on a range of topics, including making your home safer and moving with confidence;
- **Resources for caregivers**, with practical tools to support them in their role and help them navigate daily challenges.



These are just some of the resources available, you can explore more at your own pace on the Parkinson Québec website.

Regional partners (local organizations) share and explain these resources and support you in your daily life.

They offer, among other things:

- support and discussion groups, including one-on-one support;
- physical and creative activities (exercise classes, workshops, etc.);
- guidance to help you navigate the healthcare system.





Understanding research and scientific advances

Research helps us better understand Parkinson's, improve treatments, and explore new ways to manage the disease.

Parkinson Québec (provincial organization) funds research projects and tracks advances here in Québec and around the world. These findings are made accessible on the website by explaining results in clear, simple terms, including through:

- **Webinars** and **conferences** on the latest scientific advances and new research approaches;
- **Scientific articles** and other content on diagnosis, treatments, causes of the disease, and a range of related topics;



- Information about **research opportunities** and how to take part in them.

Regional partners (local organizations) support research funding and help share this information within their community.



Raising awareness and breaking down misconceptions

Living with Parkinson's also means navigating how others see and understand the condition.

Parkinson Québec (provincial organization) develops awareness campaigns across Québec, including public awareness ads, podcasts, media interviews, and content for the general public, to :

- Raise awareness about Parkinson's
- Break down misconceptions

Regional partners (local organizations) share these campaigns and engage their communities so that these realities are better understood in everyday life.

Advocating for your rights and driving change

Living with Parkinson's also means facing challenges that are not always visible or fully understood.

Parkinson Québec (provincial organization) works to ensure your reality is recognized and to improve :

- home care services
- support for caregivers
- access to appropriate housing options
- access to innovative treatments

Regional partners (local organizations) share your day-to-day experiences with Parkinson Québec, helping ensure these needs are heard and taken into account.



Working together to support you



You don't have to go through this alone.

Parkinson Québec and its regional partners are here to support you, at your own pace and in a way that fits your needs.

Regional Partners

Parkinson Abitibi-Témiscamingue

Parkinson Bas-Saint-Laurent

Parkinson Capitale-Nationale
Chaudière-Appalaches

Parkinson Estrie

Parkinson Mauricie – Centre-du-Québec

Parkinson Montérégie

Parkinson Montréal-Laval

Parkinson Outaouais

Parkinson Saguenay-Lac-Saint-Jean

Find help near you

Looking for information, support, or want to learn more ?

Parkinson Québec
and its regional partners
are here to help.

Together for the Parkinson's community

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parkinsonquebec.ca