



INDIANA PARKINSON
FOUNDATION

CREATING A PARKINSON'S PATHWAY

EDUCATE
ENCOURAGE
EXERCISE



A PARKINSON'S DIAGNOSIS CAN LEAVE YOU FEELING UNCERTAIN AND OVERWHELMED — BUT YOU DON'T HAVE TO FACE IT ALONE.

We've created a clear path to help guide you through your journey. While each experience with Parkinson's disease is unique, we can provide the resources needed to empower you with the knowledge, tools and support you need to move forward with confidence. Below are some of the resources we can help connect you with:

In-Home Support

- Home health & hospice
- Companion care
- Transportation
- Mobility aids & adaptive tools

Caregiver & Emotional Support

- Caregiver resources
- Support groups
- Counseling & mental health

Health & Wellness

- Parkinson's-specific exercise programs
- Physical, occupational & speech therapy
- Nutrition & wellness guidance
- Medication support

Financial & Legal Help

- Medicare assistance
- Insurance & financial aid
- Legal planning

Housing & Transitions

- Retirement living options
- Relocation support

EDUCATE

Educational Opportunities

Understanding Parkinson's is vital to navigating your journey or supporting someone you love. At IPF, we believe education leads to better care, informed choices, and improved quality of life. That's why we offer year-round events on managing symptoms, exploring treatments, learning about new therapies, and connecting with trusted resources. Our programs meet you wherever you are in your diagnosis. Staying informed builds the knowledge and confidence to take an active role in your care. You are not alone — IPF is here to guide and support you every step of the way.



ENCOURAGE

Together We Are Stronger

Getting involved in a support group offers encouragement and open discussion. It provides learning opportunities, helping build confidence and important relationships for those with Parkinson's disease and their loved ones. Support groups also provide important components for a positive attitude and outlook. Join a group today and find strength and connections with others to uplift and empower you on your journey.



EXERCISE

Choose to Move

Exercise is essential for living well with Parkinson's. It is a vital component to maintaining your independence, improving movement, and slowing disease progression.

The CLIMB is IPF's comprehensive and evidence-based exercise program designed specifically for those living with Parkinson's. The CLIMB focuses on reducing rigidity, improving functional movement patterns and increasing range of motion.

Find a **CLIMB** class near you at indianaparkinson.org. Need a CLIMB in your community? Call 317-550-5648



**EACH PILLAR SUPPORTS A VITAL PART OF THE
PARKINSON'S JOURNEY. TOGETHER THEY DO
SOMETHING POWERFUL: THEY CONNECT PEOPLE
IN THE FACE OF AN ISOLATING DIAGNOSIS —
BECAUSE CONNECTION CHANGES EVERYTHING.**

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*Let us run with endurance
the race that is set before us.
- Hebrews 12:1*

