



**You've been diagnosed  
with Parkinson's.  
Now what?**

**Your Guide to Parkinson's  
in Orange County**

**PARKINSONSOC.ORG**



# Beginning Your Parkinson's Journey

Welcome  
from  
Parkinson's  
Orange County

- If you are newly diagnosed with Parkinson's Disease, you may be feeling overwhelmed and not know where to turn. You are not alone. A Parkinson's diagnosis can be quite a heavy diagnosis to live with. We encourage you to connect with someone else in your local Parkinson's community. It may help to talk to someone else going through the same thing. Some newly diagnosed people want to join a support group right away and others won't even consider it. Don't hesitate to [contact us](#) and we can put you in touch with someone to talk to, either in a group or one on one.
- There are things you may be able to do for yourself to live better with Parkinson's. The information below highlights some of the programs and services found in Orange County that can help you live a better life with Parkinson's today.



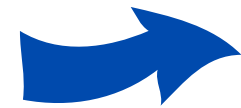
[contact us](#)



## Finding a Doctor

# Parkinson's is a lifetime condition

- It is important to find a doctor that you feel comfortable with and can build a relationship with.
- Explore all your treatment options with a Movement Disorder Neurologist, specialists who have additional training in disorders like Parkinson's.
- There are many Movement Disorder Specialists in Orange County who can help you explore treatment options including Deep Brain Stimulation surgery (DBS).



[Click for a list of local Movement Disorder Neurologists and Neurosurgeons in Orange County.](#)



# Jump Start for the Newly Diagnosed



Fortunately, we have many programs available throughout Orange County to assist those living with Parkinson's. For those newly diagnosed, early on in their journey, or new to the area, we have a quarterly program called *Jump Start*.

At Jump Start you will:

- Learn the basics of living with Parkinson's.
- Find out how a healthy lifestyle may help reduce symptoms.
- Meet others in your area living with Parkinson's.
- Learn about resources in your area.

**“I attended Jump Start last weekend and it might have just changed my life for the better. Thank you so much.  
Matt**



[Learn more about our Jump Start program here](#)



# Reach Out to Others on the Same Journey

There are many support groups in Orange County including groups for:

- People with Parkinson's
- Care Partners
- Young Onset
- DBS
- Spanish Speaking
- Korean Speaking



“

If you try a support group and it doesn't feel comfortable, try another one. If that one isn't ok, don't hesitate to try another.

Lauren Simmons

”



# Support Groups



[For Support groups in Orange County](#)

# Exercise, Exercise, Exercise

- Exercise is the one thing that scientists agree may help slow the progression of Parkinson's. Parkinson's specific exercise classes are available throughout Orange County. Exercise can not only help improve gait, balance and flexibility but can be a great mood booster as well.
- Available classes in the county include boxing, PWR! classes, yoga, ballroom dancing, spin classes, Tai Chi and more.



[Find an exercise program in Orange County.](#)

“ Participating in Rock Steady Boxing is the best thing I have done for myself since being diagnosed with Parkinson's. ”

Tom  
Parkinson's Warrior



# Support Services

## Everyone's Journey is Unique

Every person with Parkinson's is a bit different so we all have different needs. Fortunately, in Orange County, we have Speech Pathologists, Physical Therapists, Occupational Therapists, Counselors and more who are very familiar with the needs of the Parkinson's patient.

There are even singing and dancing programs here that are designed to benefit people living with Parkinson's. Participation in these programs can not only help with symptom management but keeps you connected to your Parkinson's community.



[For Support services](#)



**“Parkinson's is a journey that should not be taken alone.”**

# Resources

## National Organizations

[American Parkinson Disease Association](#)

[Brian Grant Foundation](#)

[Davis Phinney Foundation](#)

[Michael J. Fox Foundation](#)

[Parkinson & Movement Disorder Alliance](#)

[Parkinson's Foundation](#)

[Parkinson's Wellness Fund](#)



[Find More Helpful Links Here](#)

