



www.parkinsons.ie

Autumn 2026

Your 'Meds on Time' resources are enclosed





A MESSAGE FROM THE CEO - SHANE O'BRIEN



Dear friends,

As we resume our regular activities after a summer of good weather, we can reflect on several recent achievements, and many interesting projects to look forward to over the coming months.

Counselling Service

There has been significant demand for our new counselling service and Kathleen Moore, our psychotherapist, has been a great addition to our team. Kathleen has done fantastic work in designing the service and getting it up and running. Due to the overwhelming demand for the service, we have created a waiting list.

We have now expanded the service, and it is likely that it will expand further in 2027. The level of demand highlights the significant mental health challenges faced by many people with Parkinson's and their care partners. It is encouraging that people are seeking much-needed support and now have this additional service available to them. We will continue our efforts to expand this service so that support can be offered to everyone who needs it.

New Services

We are delighted to be able to create new services. We have new exercise classes starting in Athlone, Drogheda and a dedicated class for the early-onset community in Dublin. Full details of these classes are available on our website, www.parkinsons.ie

'Meds on Time'

We had a very successful "Every Minute Matters – Meds on Time" awareness campaign during Parkinson's awareness month in April. Due to the importance of this issue, we decided to circulate our new Meds on Time resources in this edition of the magazine. We hope that these resources are of use to you. I would like to pay tribute to our team who did fantastic work in developing these invaluable resources.

Education

In November, we will be holding our second Young Onset Parkinson's Disease Conference. Last year's conference exceeded our expectations, and it was particularly pleasing to see people who were newly diagnosed having the opportunity to meet other people with Parkinson's Disease for the first time.

We will also be running an online education webinar specifically for care partners over the coming months. We are conscious of how challenging the role of being a care partner is and the need for further supports in this area. In that regard, we are also in the process of developing an information booklet specifically for care partners.

Research

We continue to play a very active role in research, both through projects which are directly funded by Parkinson's Ireland and by involving the Parkinson's community, through encouraging participation in research and sharing the results of recent research.

A major project that has recently started is the PD Census project, which is led by the Dublin Neurological Institute and supported by Parkinson's Ireland. The last PD Census took place in 2017. It is hoped that the results of this Census will demonstrate the need for additional services and supports and help us to achieve our advocacy asks over the coming years. We would ask for your support in completing this survey, either online or in hard copy format. Hard copies will be distributed in due course.

Parkinson's Ireland is about to announce a major investment in research over the coming weeks. Please keep an eye on our newsletter and website!

Alongside this, the PD Life project led by University College Cork and Queen's University Belfast continues to take shape as the official research phase begins.

Advocacy

We held our pre-budget lobby day in Buswells Hotel near Leinster House in June. Over 30 Oireachtas mem-



bers attended the event. The event was successful and we are eager to see investment in further supports for people with Parkinson's and their care partners in the upcoming budget.

We were also delighted that President Catherine Connolly has agreed to become the new Patron of Parkinson's Ireland. We are engaging with the President's office regarding how she can support Parkinson's Ireland during her tenure.

Our Services

Our online classes and local branch services and supports have fully resumed. All details can be found on our website.

By way of reminder, our helpline number is 1800 359 359 should you have any queries about any of our services or wish to request support from our Parkinson's Nurse Specialists, Dietician or Psychotherapist.

Thank you for your continued support.

Take care,

Shane

PARKINSON'S NURSE/ DIETICIAN

Parkinson's Nurse Specialists/ Dietician Callback Service

To request a
callback from our
Parkinson's Nurse
Specialists or
Dietician please
call our freephone
1800 359 359.



Parkinson's Ireland ZOOM SESSIONS RETURNING

 Mindfulness with Helena
Monday, 7 September
 2pm to 3pm

 Singalong with Dara
Tuesday, 8 September
 11am to 12pm

 Parkinson's Nurse Specialist Zoom Clinic
Wednesday, 9 September
 11am to 12pm

 Yoga with Theresa
Wednesday, 9 September
 6.45pm to 7.15pm- Chair Yoga
 7.15pm to 8.15pm- Yoga for YPI members

 Exercise with Gráinne
Friday, 11 September
 11am to 12pm

EVERY MINUTE MATTERS: INTRODUCING THE MEDS ON TIME, EVERY TIME PACK



Earlier this year, Parkinson's Ireland's Every Minute Matters campaign highlighted a message that resonates deeply with people living with Parkinson's and their families: medication timing matters. For people living with Parkinson's, it is part of everyday life. Parkinson's Awareness Month provides an important opportunity to raise awareness of the importance of taking medication on time.

Taking Parkinson's medication on time can play a vital role in helping people manage their symptoms, maintain independence and participate in everyday activities. For many people, medication

timing is part of their daily routine, requiring planning, awareness and support from those around them. Yet many people with Parkinson's still find themselves having to explain why taking medication at the prescribed time is so important. That is why we have developed the **Medication on Time, Every Time Pack**.

The pack is designed to educate, empower and support people with Parkinson's, their families and care partners. It provides practical resources that can be used at home, in the community, at appointments and, if needed, during a hospital admission. Together, these resources help keep the message visible and encourage conversations about the importance of medication timing.

What's in the Pack?

A5 Booklet

The booklet explains why medication timing is important and provides practical information for people with Parkinson's, family members and care partners. It can be used as a reference guide at home and shared with anyone involved in supporting a person's care.

Magnet

The fridge is often the hub of the home. The magnet acts as a daily visual reminder, helping to keep medication timing front of mind for people with Parkinson's and those around them.

Keyring

Whether attached to keys or used as a trolley token, this practical item serves as an everyday prompt that carries the 'Every Minute Matters' message wherever you go. It can also help raise awareness and start conversations about Parkinson's in the wider community.

Medication Time Reminder

This freestanding reminder card can be personalised with your medication times and displayed in a visible location at home or during a hospital stay. Designed to keep medication schedules front of mind, it acts as a practical visual prompt for people with Parkinson's, care partners and healthcare professionals, helping



to reinforce the message that every minute matters.

Hospital Admission Information Sheet

Included on the back page of this magazine, the Hospital Admission Information Sheet is designed for planned and unplanned hospital admissions. It contains important information about Parkinson's medications and medication timing and can be shared with doctors, nurses and other healthcare professionals. We encourage you to keep it somewhere accessible so that it is readily available should you ever need it.

Alert Card

The alert card is designed to be carried at all times. It helps people with Parkinson's communicate important information about their condition and medication needs quickly and clearly when attending appointments, travelling or accessing healthcare services.

If You Are Going Into Hospital

Although the pack has been



developed to support everyday life, several of the resources can be particularly useful during a hospital stay.

Bringing your Alert Card, A5 Booklet and Hospital Admission Information Sheet

can help ensure healthcare staff are aware of your medication schedule and the importance of receiving Parkinson's medication at the prescribed times. Family members and care partners can also use these resources to support conversations with healthcare professionals and advocate alongside the person with Parkinson's when needed.

Empowerment Through Knowledge

Parkinson's Ireland is pleased to offer new "Meds on Time" alert cards for members. These handy cards can be filled out with your personal and medication information and carried with you for use in the event of an emergency, helping others understand your medication needs quickly and clearly.

To request your free card, please call 1800 359 359 or email nationaloffice@parkinsons.ie.

This pack is about more than just medication reminders. It is about empowering people with Parkinson's to feel confident in understanding their medication needs, speaking up about them and sharing that knowledge with others.

By increasing awareness at home, in the community and in healthcare settings, we can help ensure that people with Parkinson's, their families and care partners have the information and tools they need to advocate for medication on time, every time.

Because for people living with Parkinson's, every minute matters.

Please keep your information up to date. If your Parkinson's medications change, or if you require replacement copies of any resources included in this pack, please contact Parkinson's Ireland's National Office on 1800 359 359.

Scan QR code for more information



The form is titled "Meds on Time, EVERY TIME" and features the Parkinson's Ireland logo. It includes fields for Name, Emergency Contact/Tel, and PD Consultant. At the bottom, it displays the website www.parkinsons.ie and the phone number 1800 359359. A small icon of a pill bottle is in the top right corner.

FUNDRAISING

MAKING
the difference



MS Injury Clinic Meath took part in the VHI women's mini marathon in May as a team. Together they raised €6,222 for Parkinson's Ireland in honor of Mary's father.

Right: Eben Stewart is taking on an incredible three race challenge to raise funds for Parkinson's Ireland. Eben kicked off his fundraising journey on 4 July by completing the Clontarf Half Marathon alongside his son, Kealan. Eben also took on the Athy Half Marathon on 8 August before concluding his fundraising challenge at the Dublin Marathon on 25 October.



The Wexford branch of Parkinson's Ireland was thrilled to receive a donation of €3,200 from Rathangan Vintage Club.



FUNDRAISING



Mark, Nick and Rory took on an incredible cycling challenge in support of Parkinson's Ireland. The trio cycled more than 620 kilometers from Mizen Head in Cork to Malin Head in Donegal over three and a half days. The challenge was undertaken in memory of Mary Gallen and in honour of Martin Keable, who is living with Parkinson's. It also paid tribute to Rory's father, Kieran, whose experience of dementia inspired the All Ireland journey, and celebrated Mary's deep connection to Donegal, where the cycle finished.

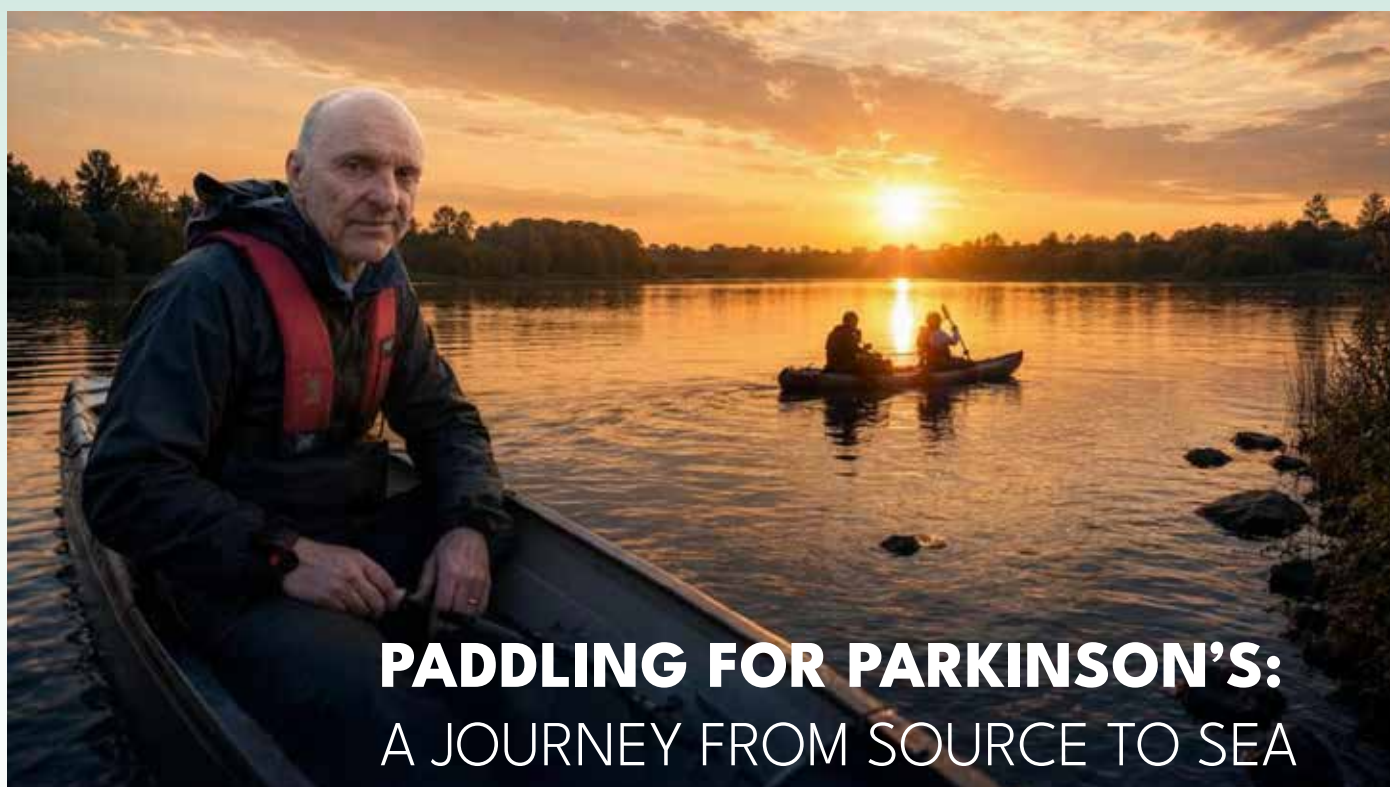


Ciaron Barry took on his incredible Atomic 48 Challenge. Over 48 hours, Ciaran ran 4.17km every hour, covering an amazing 200km through Stamullen Village. Our CEO, Shane O'Brien, was delighted to attend and show Parkinson's Ireland's support for this remarkable achievement.

We are a charity partner of FreeWill.ie. You can now make your online will for FREE

To receive your voucher to create your Will online for free please email fundraising@parkinsons.ie





PADDLING FOR PARKINSON'S: A JOURNEY FROM SOURCE TO SEA

In June, Trevor and his friend Mike took on a long held ambition: navigating the River Shannon from source to sea. Beginning in County Cavan, the pair embarked on a gruelling 10 day journey by canoe, camping along the way and facing whatever challenges the Irish weather and river conditions presented.

The challenge had a deeply personal meaning for Trevor. He used the adventure as an opportunity to raise vital funds for the Midwest Branch of Parkinson's Ireland. Trevor's mam is living with Parkinson's and she is a member of the Midwest Branch

The official launch of the fundraiser took place on 9 June with the Mayor of Limerick, marking the beginning of what would become an unforgettable adventure. Supporters were also able to follow Trevor and Mike's progress along the Shannon through the Polarsteps app, allowing them to



keep up with their whereabouts as they made their way downstream.

The fundraising effort generated valuable support for the Midwest Branch of Parkinson's Ireland. Every euro raised helped the branch continue providing essential services, activities and support networks for people living with Parkinson's, as well as their families and carers.

Trevor and Mike's journey was much more than a canoe trip. It was a personal challenge, a celebration of determination and, most importantly, a way of giving back to the Parkinson's community.

Parkinson's Ireland would like to thank Trevor, Mike and everyone who supported Paddling for Parkinson's for their incredible commitment and generosity.



30,000 Nautical Mile Voyage Fundraiser



Pat Lawless was presented with a cheque from Gary Kennedy Sailing Club to kickstart his fundraiser for Parkinson's Ireland.



West Kerry sailor Pat Lawless is preparing to take on the 2026 Golden Globe Race, a gruelling solo, non stop circumnavigation of the world using only traditional navigation methods. After being forced to retire from the 2022 race due to equipment failure while in a strong position, Pat is determined to return and become the first Irish person to complete the challenge.

Pat is also using his remarkable journey to raise €50,000 for the Kerry and Mid West branches of Parkinson's Ireland, inspired by his wife Rita, who is living with Parkinson's. We are incredibly grateful for Pat's support and wish him every success as he prepares for this extraordinary adventure. Donate to Pat's fundraiser by scanning the QR Code

ANNUAL REPORT

Parkinson's Ireland is pleased to present our 2025 Annual Report, the first Annual Report produced by the organisation.

This report marks an important milestone in our journey and reflects our strengthened commitment to transparency, accountability, and good governance. Our governance framework continues to evolve in line with best practice standards, including the renewal of the Charities Institute Ireland Triple Lock for a third consecutive year, extending into 2026. This achievement demonstrates our ongoing dedication to the highest standards of financial transparency, ethical fundraising, and governance, ensuring our members, supporters, and stakeholders can have full confidence in our work. This inaugural report is not only a reflection of the year gone by, but also the first in what will become an annual celebration of the achievements of Parkinson's Ireland. It recognises the invaluable contributions of our branch members, volunteers, staff, supporters, and partners, whose commitment is central to the organisation's success and continued growth.

To order a copy of the annual report, you can contact head office and we will post you one free of charge.



ADVOCACY UPDATE

Article by Jamie Mac Giolla Bháin



Budget 2027 Submission and Lobby Day:

We created and launched our pre-Budget 2027 Submission in June. Over 700 correspondences were sent to Oireachtas members inviting them to our lobby day which occurred on 10th June in the Buswells Hotel. Over 30 Oireachtas Members attended, and commitments were made to further our asks in front of key stakeholders in the coming weeks. We would like to thank all of our branch members who were involved in lobbying representatives on the day. Parkinson's Ireland will continue to pressure the government to support our asks ahead of Budget 2027 next month.

Patron Announcement:

We are honoured to announce that President Catherine Connolly has accepted an invitation to become Patron of Parkinson's Ireland.

As Patron, President Connolly will support our mission to improve the lives of people living with Parkinson's and raise awareness of the condition across Ireland.

We are deeply grateful for her support and look forward to



working together in the years ahead for the benefit of the Parkinson's community.

Statements on International Nurses Day:

Deputy Eoghan Kenny raised the shortage of Parkinson's Nurse Specialists in Dáil Éireann directly to the Minister for Health during statements to mark International Nurses Day.

Care Partners Resource:

We have developed a resource for distribution to care partners of someone living with Parkinson's to ensure they receive information on Parkinson's disease, PI services, the role of a carer, financial supports for care partners, personal assistance hours for care partners, and public services available for care partners. To order a copy of this resource, you



can call the helpline and we will post you one free of charge

Omnibus X Lobbying:

The European Parliament is currently considering a proposal that would significantly change how pesticides are regulated across the EU. While the European Commission has presented the proposal as a simplification of existing rules, Parkinson's organisations across Europe are concerned that it could weaken important public health protections. Among the proposed changes are measures that would allow some pesticides to remain authorised indefinitely, reduce the frequency of safety reviews, and limit the scientific evidence that

can be considered when assessing potential health risks. Given growing concerns about links between pesticide exposure and Parkinson's disease, we believe these changes could make it more difficult to identify and respond to emerging risks in the future.

To ensure the voice of the Parkinson's community is heard, Parkinson's Ireland has written to all 14 Irish Members of the European Parliament, as well as the Minister for Agriculture, Food and the Marine and the Minister of State for European Affairs. We have urged them to support amendments that maintain regular reassessment of pesticides, protect the precautionary principle,

ensure human health remains at the centre of decision-making, and guarantee that the latest scientific evidence can always be considered when evaluating the safety of plant protection products. We will continue to work with Parkinson's Europe and our partners across the EU to advocate for policies that prioritise prevention and protect the neurological health of current and future generations.

Ireland's EU Presidency:

A joint letter was sent with Parkinson's Europe and EOPD requesting that the Irish Government address Parkinson's as a key priority during our Presidency of the Council of the European Union.



Bridging the Gap – Understanding Barriers and Motivation for Digital use in Parkinson's Disease



Conducted by the Research Team at the Dublin Neurological Institute

Objective

Our aim with this survey was to investigate the attitudes, motivation and barriers to implementing digital devices for monitoring PD symptoms

Introduction

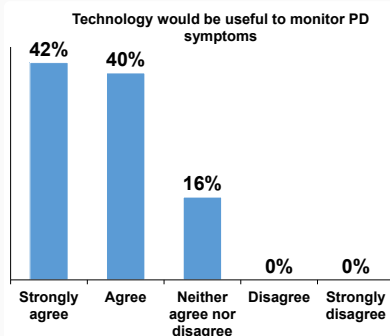
- 1011 people with PD completed the survey
- Respondents were aged 55-74 years (65%)
- Disease duration was most commonly 1-10 years (68%)

RESPONDENT PROFILE

1011 Respondents 24 Nationalities 50/50 Male / Female >94% Internet Users

82%

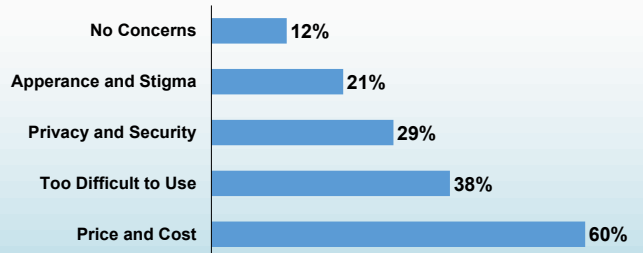
believe technology would be useful for monitoring their PD symptoms



30%

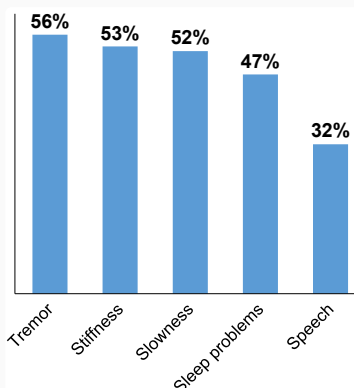
Of participants currently use technology to monitor their PD symptoms

Top Barriers to Technology Adoption



Ease of use was ranked as the most important aspect motivation for technology use, followed by communication with healthcare professionals and affordability.

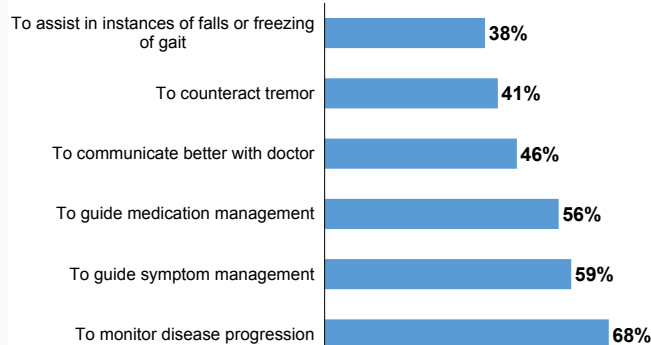
What would you like it to measure?



Tremor, stiffness, slowness, sleep and speech listed as top symptoms that might benefit from technology

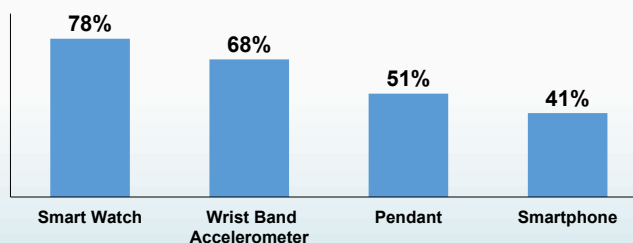
How can tech help?

Monitoring **disease progression and guiding management** were biggest motivators to use technology



72%

Were willing to wear a device continuously to monitor symptoms



What this means

- There is strong **enthusiasm** for technology.
- **Cost** identified as the primary **barrier** to the use of technology.
- The most popular device among respondents is a **smart watch**, however open responses suggest many feel no current device adequately captures their symptoms.

This information helps us plan integration of technology in clinical care and tailor treatment options in future

Thank you

A heartfelt thank you to Parkinsons Ireland and all branches for sharing our research, and to all members who participated. Without you there would be no data, no results and no progress! Your willingness to share your perspectives helps pave the way for better care, understanding, and hope for the future.

-From All the team at the Dublin Neurological Institute



LIVING WELL WITH PARKINSON'S:

How Occupational Therapy Can Help

Article written by Katie Hennigan O.T.

Living with Parkinson's brings many changes, and the right support at the right time can make a real difference. Occupational Therapy can help people maintain independence, adapt to everyday challenges and continue doing the activities that matter most. Yet many people are referred late or don't realise how Occupational Therapy could help them.

This article is based on my dissertation, completed as part of the M.Sc. in Older Person Rehabilitation at the Centre for Gerontology and Rehabilitation, University College Cork, under the supervision of Dr. Emma O'Shea. Through interviews with people living with Parkinson's and a national survey of Occupational Therapists, I explored people's experiences of Occupational Therapy, the challenges of accessing support, and how services could better respond to people's changing needs.

The findings revealed a shared message from both people living with Parkinson's and Occupational Therapists: earlier access to Occupational Therapy, better co-ordinated services and greater awareness of Occupational Therapy could make a meaningful difference. In the following pages,

I share what participants told me, why timely access to Occupational Therapy matters, and how people can access support in Ireland.

What People with Parkinson's Told Me

The people I spoke with described not knowing what Occupational Therapy could offer until much later in their Parkinson's journey. Many felt support became available only after everyday activities had already become difficult, rather than helping them prepare for the changes ahead. Others spoke about the challenge of navigating health services and not always knowing who to contact when a problem arises, or as their needs changed.

Participants with Parkinson's spoke as much about the emotional impact of the condition, as the physical symptoms. Fatigue, reduced confidence, giving up valued activities and hobbies, and changes in relationships and sense of self were common experiences, and often had just as profound an effect on everyday life as the physical symptoms of Parkinson's. Several felt these "invisible" challenges were not always recognised during appointments, despite the impact they had on their wellbeing.

Their experiences suggest that these challenges are not simply part of living with Parkinson's, but are also influenced by how

and when support is available. Knowing that others have shared similar experiences can be reassuring, while highlighting the importance of services that respond to people's needs as Parkinson's changes.

What Occupational Therapists Told Me

The Occupational Therapists who took part in the research shared many of the same concerns as people living with Parkinson's.

One message came through very clearly: Occupational Therapy is often introduced too late. Many therapists felt people should have the opportunity to access Occupational Therapy much earlier, ideally soon after diagnosis, rather than waiting until everyday activities become difficult.

They described wanting Occupational Therapy to be available to patients throughout the course of Parkinson's, helping people to stay involved in meaningful activities, supporting emotional wellbeing, and responding to changing needs. Many also felt that greater access to Parkinson's-specific training would help them provide the best possible care.

Therapists also described the challenges of working within fragmented services, making it difficult to provide coordinated

Continued on page 14

support. Encouragingly, both Occupational Therapists and people living with Parkinson's identified the same priorities: timely, personalised support that adapts as needs change.

Occupational Therapists also highlighted the importance of well-coordinated care. Parkinson's affects many aspects of daily life, so support often involves a team of healthcare professionals, including Neurologists, Geriatricians, Parkinson's Nurse Specialists, Occupational Therapists, Physiotherapists and Speech and Language Therapists, Neuropsychologists, etc. When these professionals communicate well and work together, people are more likely to receive the right



support at the right time.

Many therapists felt that, where available, Parkinson's Nurse Specialists have an important role in helping people navigate services and coordinating care. However, they also recognised that

access to these specialist nurses remains limited in many parts of Ireland. Improving coordination between healthcare professionals, alongside better access to specialist Parkinson's services, was seen as an important step towards helping people receive the support they need throughout their Parkinson's journey. As one person said: "All to know there are people willing to support...wherever Parkinson's takes me."

Why Does Timing Matter?

Parkinson's affects much more than movement. Alongside tremor and stiffness, many people experience fatigue, anxiety, low mood, changes in thinking, sleep difficulties and loss of confidence. These challenges can affect participation in everyday activities, work, hobbies, relationships and independence long before someone feels they need equipment.

Occupational Therapy is about much more than providing grab rails or recommending adaptive aids. It helps people develop

Occupational Therapy

Supports people living with Parkinson's with the following:



Everyday Activities



Managing Fatigue



Routines & Strategies



Equipment & Adaptations



Work & Hobbies



Family Support



practical strategies to manage everyday life and focuses on helping people continue doing the activities that matter most to them. That might mean finding ways to keep gardening, continue working, manage fatigue, stay involved in family life, adapt routines or find new ways of doing everyday tasks. As one person put it: “It really gave me back my confidence.”

Occupational Therapy cannot stop Parkinson’s progressing, but it can help people adapt to changing circumstances, maintain their independence and prepare for future challenges. This is why timing matters. Accessing Occupational Therapy early gives people the opportunity to develop strategies before everyday challenges become overwhelming, rather than waiting until difficulties have already significantly affected daily life.

Living well with Parkinson’s isn’t just about managing symptoms, it’s about continuing to do the things that give life meaning. As one participant reflected: “If you get a chance to speak to an OT, she could make you aware of things that would make your life better or safer.”

How Can I Access Occupational Therapy?

Occupational Therapy may be available through your local GP, Primary Care Centre, hospital or community rehabilitation team, although services vary across the country.

You can ask your Neurologist, GP, Parkinson’s Nurse Specialist (where available), Public Health

When Should I Ask About Occupational Therapy?

Occupational Therapy can be helpful:

-  **Soon after diagnosis**
-  **When everyday tasks become more difficult**
-  **Fatigue, changes in thinking or confidence**
-  **After a hospital admission or a fall**
-  **Whenever you need additional support**

Nurse or another member of your healthcare team about a referral to Occupational Therapy. Some people also choose to access Occupational Therapy privately. If you choose to do so, it is important to ensure your Occupational Therapist is CORU registered. A directory of Occupational Therapists is available through the Association of Occupational Therapists of Ireland website on www.aoti.ie.

If you attend a Parkinson’s clinic, a Parkinson’s Nurse Specialist can often advise on available services and help direct you to appropriate support, including Occupational Therapy where available.

If you’ve seen an Occupational Therapist before, remember that your needs may change over time.

If you feel you would benefit from further support, don’t hesitate to contact your GP or Primary Care Centre for a review.

If you’re unsure what services are available in your area, Parkinson’s Ireland can provide information and help signpost you to local supports.

Parkinson’s may change over time, but the right support at the right time can make a real difference. With the right support, people can continue to adapt, participate and live well. I hope this article encourages more people living with Parkinson’s to explore what Occupational Therapy can offer and to seek support whenever they need it.



PARKINSON'S DISEASE AWARENESS QUALITY IMPROVEMENT INITIATIVE



Laura Bailey, Elaine Dunne, Claire O'Dwyer, Rachel Boland, Kieran Brennan, Niall Cuniffe, Mark Kiernan, Josep Duran, Katie Hennigan, George Jefferies, Marie O'Connor.

Introduction

- Hospitalisation poses a significant risk to people with Parkinson's with high risks of delirium, constipation, immobility, falls and increased length of stay
- 1/3 of people with Parkinson's are admitted to hospital annually
- 3/4 of these will not get the correct medications on time
- 2/3 will have complications as a result



Method

- Survey to assess current baseline awareness
- Using identified gaps in knowledge tailored a multi-pronged quality improvement intervention
 - Parkinson's Awareness Week
 - Medication alert stickers
 - Magnets on white boards
 - Information posters
 - Education: attendance at safety huddles by MDT staff daily; NCHD education; Grand rounds presentation; health promotion stand in foyer
- Post intervention survey to reassess awareness



Results

- Pre-intervention: Limited awareness of features of PD beyond tremor
- Confidence in assessment and management of PD patients improved from 51.8% to 83.9%
- Improved ability to recognise PD features (See table) and PD medications - Stalevo 62% to 85%

	Percentage change in recognition of signs and symptoms of IPD	
Core features:	Bradykinesia	+12.3
	Rigidity	-1.3
	Resting tremor	+2.6
Associated features:	Constipation	+13
	Postural instability	+8.1
	Visual disturbances	+22
	Orthostatic hypotension	+25.6
	Hypophonia	+31.66
	Masked facial expression	+10.7

Sustained Changes

- Kardex alert stickers and magnets for white boards for all PD patients
- Posters in ED prompting patients to alert staff and use their own medications
- Parkinson's packs available-on Holly day ward for PD patients
- Education on Parkinson's disease part of routine NCHD induction
- Targeted education to ED nursing staff ongoing
- Annual Information stand for Parkinson's Awareness Week

Next steps

- Reaudit in 6 months to ensure sustained change
- Continue to educate staff on the care of people with Parkinson's disease, hoping to reduce the impact of hospitalisation and improve outcomes
- ANP or CNS in Parkinson's disease essential to improve outcomes



PARTICIPANTS WANTED FOR PARKINSON'S BREATHING RESEARCH STUDY



Researchers at University College Dublin (UCD) are inviting people living with Parkinson's disease, as well as adults without Parkinson's, to take part in a research study exploring breathing muscles in Parkinson's.

- The study aims to improve understanding of how Parkinson's may affect breathing and to support the development of future approaches to care and physiotherapy.
- Participation involves a single study visit lasting approximately 45 to 60 minutes. During the session, participants will complete simple, safe and non invasive breathing assessments. For those who take levodopa medication, there is also an option to take part in a same day testing session before and after medication.
- Appointments can take place at UCD or in participants' homes if travelling is difficult.
- Taking part is entirely voluntary, and choosing not to participate will not affect your care in any way.
- If you are interested in taking part or would like to learn more, please contact Laura McMahon at laura.mcmahon@ucd.ie or scan the QR code on the study poster.
- By participating, you will be helping researchers improve understanding of breathing in Parkinson's and contribute to future advances in care and physiotherapy.



For more information, scan the QR Code



PARKINSON'S DISEASE AWARENESS QUALITY IMPROVEMENT INITIATIVE

My name is Elaine Dunne and I am an advanced nurse practitioner in older persons in Connolly Hospital in Dublin. I have a special interest in Parkinson's disease and along with my colleague Dr Marie O'Connor we run a specialised Parkinson's and movement disorder clinic. We also review patients who are admitted to Connolly Hospital who have a diagnosis of Parkinson's.

The more time we spent reviewing patients in the hospital the more we became aware that people with Parkinson's can be admitted to hospital for a myriad of reasons, very often unrelated to their Parkinson's but if the Parkinson's is not managed appropriately on admission this can lead to delayed recovery, delayed discharge and poor outcomes for patients and their families.

Patients with Parkinson's face many challenges with their care when they are admitted to an acute hospital. They generally have poorer outcomes with longer hospital stays and are more likely to require extended periods of rehab following an admission. This is due to many factors including issues with their medication doses and timing and their significant functional decline when spending long periods in

bed. In a US study they estimated 75% of patients with Parkinson's admitted to acute care did not receive their medication on time. Of these 28% experienced a deterioration of motor symptoms with 51% readmitted within one year of discharge. We decided we needed to try and improve the care of all

patients who have a diagnosis of Parkinson's when they are admitted to Connolly Hospital. See the below poster for further information of the initiative including our methods, results, sustained changes and future recommendations. Below is the information sheet we put together for all staff



PARKINSONS' DISEASE

WHAT IS IT?

It is a progressive **neurodegenerative** disorder that primarily affects **movement, balance and coordination**. It is caused by the loss of neurons that produce a chemical messenger in the brain called dopamine. While there is no cure, medications and therapies **can help** manage the symptoms.

TIPS FOR CARING FOR PATIENTS LIVING WITH PARKINSONS

MEDICATION

Administer medication **exactly on time** to prevent mobility from being severely affected. Never stop medication suddenly, as this can cause severe withdrawal symptoms.

CONSTIPATION

Monitor bowel movements and consider laxatives if needed. Constipation can **decrease absorption** of some Parkinson's medication.

NUTRITION AND HYDRATION

Adhere to **modified diet** and fluid when needed and link in with SLT as required. Ensure adequate hydration is maintained.

PHYSICAL ACTIVITY

Encourage **regular, gentle exercise** like walking or stretching to manage symptoms and improve overall well-being.

FALL PREVENTION

Make sure **walking aids** and frequently used items are within easy reach, ensuring room and hallways are clutter-free.

COMMUNICATION

Give the person time to **communicate** as responses can be delayed due to reduced muscle control. For some, emerging cognitive changes are present.



PARKINSON'S DISEASE CENSUS

Parkinson's Ireland is partnering with the Dublin Neurological Institute to run a PD Census in the coming months.

The census will build on the 2017 survey completed by over 1,000 people with Parkinson's disease nationwide. More information will be made available in due course.

Parkinson's Ireland has contributed €5,000 towards the project.



Parkinson's Ireland CEO Shane O'Brien with Professor Richard Walsh from the DNI and Mairead O'Byrne, who has spent the last number of months analysing the data from the 2017 Census.

PARKINSON'S IRELAND SUMMER RAFFLE 2026

Thank you for supporting our Parkinson's Summer Raffle.
Parkinson's Ireland would like to thank everyone who supported the Summer raffle.

THE SUMMER RAFFLE WINNERS INCLUDED:

- ◆ €500 Cash Prize – Claire Commane
- ◆ 1 night B&B for 2 at the Clayton Hotel Silver Springs Cork – David Quilty
- ◆ 1 night B&B for 2 at the Hodson Bay Hotel or Galway Bay Hotel – Colm Murphy
- ◆ 1 night B&B for 2 at the Talbot Hotel Cork – Patrick Commane
- ◆ Dinner for 2 including wine at The Marine Hotel, Sutton – Margaret Gorman
- ◆ 2 Tickets to EPIC- Irish Emigration Museum – Jordan Connor
- ◆ 2 Tickets to the Guinness Factory – Josie Kelly
- ◆ 2 Tickets to Waterford Treasures Medieval Museum – Sheila Byrne
- ◆ Pair of shoes from Skechers (€100 voucher) – Ann Kenny
- ◆ Family Pass to the Treetop Walk at Beyond the Trees Avondale – Kearon Sleil
- ◆ Family Pass to the Croke Park stadium tour GAA museum – A O'Brien
- ◆ €50 Gleesons Roscommon voucher – Jack Duffy
- ◆ €50 Dunnes voucher – M McMahon
- ◆ Butler's Chocolate Signature Selection Box – Ann O'Reilly
- ◆ Rituals Set – Gerard Gilihow
- ◆ 2 tickets to any OPW heritage site – Brian Grogan, Joey Healion, Kenny Griffin, Angie Hartnett, Betty Gleeson

BOARD OF DIRECTORS UPDATE

Beccy Cameron has recently retired from the board of Parkinson's Ireland due to personal reasons. Beccy joined the Board in November 2021 and brought valuable skills and insights from her over thirty years' experience working within the human resource management sector.

Parkinson's Ireland would like to sincerely thank Beccy for all her work over the past 5 years and wish her every happiness in her retirement. Parkinson's Ireland is grateful to all its board members for the work that they do.

All board members are volunteers and they dedicate a huge amount of time and energy to the charity.



Beccy Cameron.

HAVE YOU HAD YOUR FLU VACCINE?



Irish flu activity follows a predictable pattern monitored by the HSE Health Protection Surveillance Centre (HPSE)
Who should get the flu vaccine in Ireland

Free under the HSE seasonal flu vaccination programme:

- ☐ Everyone aged 60+
- ☐ Pregnant women (any stage of pregnancy)
- ☐ Children aged 2-17 (intranasal Fluenz vaccine via GP or pharmacy)
- ☐ People with chronic health conditions (diabetes, asthma/COPD, heart disease, kidney disease, immunosuppression, BMI $\geq$ 40)
- ☐ Healthcare workers and carers
- ☐ Residents of long-term care facilities

Available at:

- ☐ Your GP (free if eligible)
- ☐ Most Irish pharmacies (free if eligible; small fee otherwise)



BRANCH NEWS

MEATH BRANCH

Great support and encouragement here at the Meath Branch, we are delighted to see lots of activity, generosity, and personal achievements. Our community is steadily growing, officially reaching 54 active members as we continue to welcome new faces into our supportive network.

FUNDRAISING HIGHLIGHTS: Our local community and dedicated supporters have gone above and beyond to secure essential funds that keep our branch's important activities running:



Meath Chair Bonnie Cooney being presented with cheque from her Mini Marathon run by Mary Murray, daughter of our member Damien Sheridan.

❑ VHI Mini Marathon Challenge: A special mention to Mary Sheridan Murray daughter of our group member, Damien Sheridan, whose incredible stamina and fundraising efforts brought in a massive €2,215.

❑ Glamorous Fashion Show: Hosted by the Headfort Golf Club, this highly anticipated event brought glitz, glamour, and an astounding €4,193 to our branch.

❑ Pub Quiz: Tiernan's Pub owners Bonnie and her husband Geoff Cooney kindly hosted a brilliant night of trivia and friendly competition, raising €1,110 thanks to a fantastic turnout.

HEALTH & WELL-BEING Fostering both physical vitality and emotional well-being remains at the heart of our mission. Our year-round Chair Exercise with Siel Bleu, Chair Yoga, and Physiotherapy sessions continue to be a great success, helping our members stay active, build strength, and foster deep connections.



Meath Secretary Mary Burke & Lady Captain Regina Tevlin presenting the proceeds from the Fashion Bonanza in the Headfort Golf Club, Kells.

MEMBER SPOTLIGHT We are bursting with pride for our member Christy Gorman, who recently achieved a phenomenal milestone: completing his 100th Parkrun across 50 different locations in 11 different countries!! Christy's dedication to fitness and exploration across the world, is a true inspiration to us all.

EXPRESSING OUR GRATITUDE A vibrant branch relies on strong community roots. We extend our sincere gratitude to our local councillors for their unwavering advocacy, guidance, and financial support. Their ongoing backing ensures we can continue making a tangible difference in the lives of our members.

DUBLIN BRANCH

We had a very informative and enjoyable branch meeting in the Royal Marine hotel Dun Laoghaire at the end of May where Dr. Owen Killian gave us a presentation of advanced therapies, looking at current therapies and those currently being researched for possible use in the future.

Continued on page 22



Christy Gorman ran his 100th Parkrun recently. Completing 100 Parkruns in 50 locations. Including 8 in other countries.

June

We hosted coffee & chat meet ups for members in the Bonnington Hotel Drumcondra and Royal Marine Hotel Dun Laoghaire. A very enjoyable morning was had by all who came along and we will resume these meet ups in the autumn.

Keep an eye on the weekly news updates for details of where and when the next one will be held.

Branch Meeting and AGM

Venue: Bonnington Hotel

Address: Swords Rd, Whitehall, Dublin 9, D09 C7F8

Date: Saturday 26th September

Time: 2.30pm

AGM followed by presentation from Kathleen Moore Avila, MIACP,

Talk Title:

What Supports Us in Finding Continuity of Self? Understanding Identity and Loss Following a Parkinson's Diagnosis

Talk Overview:

This talk will briefly explore the concept of identity, why it is important, and how a Parkinson's diagnosis can impact a person's sense of self. We will consider some key theories of grief and loss and reflect on ways of adapting to change while maintaining meaning, purpose, and connection. The talk will look at how individuals can develop a renewed understanding of themselves, their relationships, and their place in the world following a diagnosis.

We look forward to welcoming Kathleen to speak to Branch members.

Please note earlier start time to facilitate our AGM.

Exercise Classes update

As some of you are aware we have

immense demand for our classes and most of our current classes are full.

We know how frustrating it is when its not possible to join classes in your local area

We were delighted to be able to add new classes in Loughlinstown and Tallaght and these are steadily filling up.

If you know anyone who might be interested in joining those classes please contact Phil Twomey at Dublinchairperson@parkinsons.ie to register.

We are now looking at setting up new classes other venues around the city.

We will need volunteers to act as coordinators for these to take a roll call and collect the suggested contribution of €5

Contact Phil 087-7802414

MID WEST BRANCH

The Mid West group would like to thank the following groups and individuals who raised funds for us so far this year - Kilfenora Music Festival at their annual music festival in April this year, they have a small committee of 2 but manage to run a big festival. Also North Munster Senior Golf Alliance, Limerick Golf Club, Castletroy Golf Club, St. Flannans Past Pupils Reunion, William Street Traders, Mary Immaculate Community Choir, The Mayor's Ball Limerick and Paddle for Parkinson's Trevor and Mike - hopefully you will read about their epic achievement elsewhere in this magazine. Pat Lawless is taking on the Golden Globe 2026 race and is kindly fundraising for Parkinson's. We continue to receive

a number of donations in memory of deceased members throughout the year. Thanks to all current members who made a donation when paying their Lifetime Membership this year and to the members who continue to make donations by direct debit monthly - you know who you are. All donations received in the area are spent in the area on our classes. With the funds we bring in, we continue to run many classes in the Mid West, mainly Voice Therapy (4 per week) and Movement to Music classes (5 per week) in Limerick, Newcastle west, Ennis and Miltown Malbay. In Newcastle West, Ennis and Miltown Malbay these classes are run back to back with a 30 minute break for a cuppa and a chat between classes. Many people enjoy these social occasions and we do have fun in the classes and, more importantly, make new friends and share information with each other. The Mid West group also offers online Tai Chi classes and rents a hydrotherapy pool in Limerick for two sessions per week so that some of our members can exercise in the pool.

Two from the Miltown Malbay class attended an event at University of Limerick on International Dance Day back in April, this event was organised by Amanda Clifford (Professor in Physiotherapy) and Irene Cassidy (Associate Professor, School of Nursing and Midwifery) as part of a new study commencing this year, which explores dance for people living with Parkinson's disease. The research will examine the acceptability of different dance genres across genders and cultures,

Continued on page 24



as well as the development of dance promotion strategies for people with Parkinson's. We were treated to two very different forms of dance on the day, both of them stimulating, invigorating and suitable for all the attendees to do either seated or standing. We first tried out movement to Irish music, which many of you will be familiar with if you have attended sessions with Pat O'Dea and this was followed by Brazilian dance. The Brazilian dance instructor was accompanied by live musicians and gave her dance instructions through storytelling. The Mid West group will be having our annual Christmas dinner on December 15th at Na Píarsaigh in Limerick, all our members and their partners are invited to join us, please get in touch with one of the committee members to book your place. The cost will be €10 per person. On the day, we will be entertained by the esteemed Downtown Dixieland Band who provide excellent entertainment. And of course we will have our

annual draw, picking out the winning tickets. Mid West members will receive their tickets in the next few weeks, if you need more tickets to sell, please do get in touch with one of the committee members. The draw is one of our biggest fundraisers of the year and your support is greatly appreciated to sell tickets to help us continue providing the suite of classes mentioned above. The Mid West group are very grateful to our committee who work tirelessly in the background organising the fundraising events and keeping the classes going, organising the monthly information afternoons and sourcing interesting and relevant speakers for the information afternoons. And of course to head office who do a lot of the unseen, more mundane work in the background to run the charity, such as organising insurance for all activities, organising the annual audit and all the compliance with the Charities Regulator, Revenue and the Companies Office, national awareness campaigns, membership

database etc, etc, etc!

GALWAY BRANCH

John Mullarkey took on an incredible 24 hour challenge to raise funds for Autism Assistance Dogs Ireland and the Galway Branch of Parkinson's Ireland.

From 4pm on Friday 7 August until 4pm on Saturday 8 August, John attempted to climb Croagh Patrick as many times as possible within 24 hours.

It was an incredible test of endurance and determination. We would like to thank everyone who supported John by cheering him on, joining him for part of the climb, donating or sharing his fundraising page.

OFFALY BRANCH

Our Offaly Branch enjoyed a wonderful August coffee morning, with a fantastic Music and Movement session led by Maureen Culleton.

The Offaly Branch also welcomed

Continued on page 24



Members of the Galway Branch.



Offaly Branch member Jean Durkin recently received her honorary membership from Parkinson's Ireland CEO Shane O'Brien.



members of the Laois Branch, making it a lovely morning of movement, music, connection and friendship.

Thank you to everyone who joined us.

Jean Durkin recently received her honorary membership in recognition of her longstanding commitment to the Offaly branch. Jean was instrumental in establishing the

branch and developing services and supports for people with Parkinson's in Offaly.

Contact Stephanie 085-1481187

TIPPERARY BRANCH

Rambling House Book Fundraiser for Parkinson's

'Rambling Houses – An important part of our Irish Culture is a collection celebrating the music,



stories, songs and community spirit of the traditional Rambling House. Following the book's publication, Peter Byrne was delighted to use the proceeds to support two very worthwhile charities – Age Friendly Roscrea and the Tipperary Branch of Parkinson's Ireland. Thanks to the tremendous support of family, friends and the wider community, the first print run raised €6,750 for the Tipperary branch of Parkinson's Ireland.

The decision to support the Tipperary Branch of Parkinson's Ireland was particularly close to their hearts. Over the years, they had seen John and Mary Carey at many Rambling Houses and singing circles and were an inspiration to everyone, and it was clear how much music, singing and storytelling meant to John.

Peter's own family has also had first-hand experience of Parkinson's, so they understood how important support can be for people living with the condition and for their families. Sadly, John passed away before the presentation in June, but they were very pleased that he was able to attend and sing at our Rambling House in Clonmore in May.

They are immensely grateful to everyone who bought a copy of the book, as well as those who helped by selling copies to family and friends and are looking forward to making a further contribution to the Tipperary Branch of Parkinson's Ireland later this year when the second print run is sold.

If you would like to support this fundraising effort, purchasing a copy of Rambling House is a wonderful way to do so you get to



Members of the North West Branch.

enjoy the book while helping raise much needed funds.

NORTH WEST BRANCH

Tully Lawnmowers, Letterkenny are hosting a Vintage and Family Fun Day on the 13th September. They have chosen our branch as a beneficiary of this event. If you are in the area feel free to pop in and enjoy the fun. We are very grateful to be chosen to benefit from this event.

The Bluestack Challenge Group had their Presentation Night on 11th August. Mary Nolan, Jimmy Haughey and Leo McBrearty were in attendance to accept the cheque for our branch. We received €7,500. We are very grateful for

this generous donation and, want to thank, Patrick McBrearty and the committee for choosing us as one of the beneficiaries. A big thank you also to all who completed and supported this event.

Fundraising can be very challenging, therefore our branch is extremely grateful to the people, groups and organisations in the Northwest who support us financially. Without their support we would be unable to continue to provide services and offer help to people living with Parkinson's Disease in our area. Your generosity is deeply appreciated.

We are looking forward to the Social Gathering in Hodson Bay Hotel, Athlone 5th to 7th October. If you require transport please contact Ann, 0861605847 as soon as possible. We need to know numbers so that appropriate transport can be booked. We will be leaving Letterkenny at 11am on 5th October and doing pickups along the way.

A big "Thank You" to the Ladies Captain, Mena Breslin, Barnhill Golf Club, Letterkenny who held her Charity Event 4th - 8th August and is donating the proceeds to our branch. Her thoughtfulness is very much appreciated.

Our weekly Classes are proving very popular with our members. There are classes in Letterkenny, Buncrana, Donegal Town and Sligo. If anyone needs more information please contact Ann 0861605847 or Kathleen 0876111269.

A special word of thanks to Anne McMorro who hosted a Quiz Night and donated €6225 to our branch.

Contact Ann 086-1605847

WEXFORD BRANCH

The Wexford Branch of Parkinson's Ireland was delighted to host a special Charity Concert at the National Opera House on Friday, 3 July.

The Wexford branch of Parkinson's Ireland was thrilled to receive a donation of €3,200 from Rathangan Vintage Club.

Pat Lacey - Chairman

087 258 5992

Breda Kennedy- Secretary

087 095 8984

Continued on page 26



Members of the Wexford Branch.



Members of the Wexford Branch.

WICKLOW BRANCH

The Wicklow Branch is delighted to launch two new Parkinson's classes starting this autumn:-

Arklow Exercise Class

Coral Leisure Centre, Arklow Town
Every Friday afternoon starting on 4 September

Time: 3-4pm

Cost: free

A dedicated exercise class for people living with Parkinson's. The Wicklow Branch has partnered with Siel Bleu to bring this exercise class to Arklow.

To register, just come along to a class. Any enquiries to dara@parkinsons.ie

Table Tennis for Parkinson's - Bat and Chat

Methodist Hall, Wicklow Town

Wednesday mornings from
Wednesday 9 September 2026

- from 10am -12pm for 8 weeks
- A Table Tennis programme specifically for people living with Parkinson's and other neurological conditions.

- The Wicklow branch is supporting this initiative and has been working with Table Tennis Ireland and the Wicklow Sports Partnership to bring this "Bat and Chat" project to Wicklow.

- A qualified coach from Table Tennis Ireland will teach the basic skills of table tennis, improve hand eye co-ordination and overall wellbeing in a fun and relaxed environment. Light refreshments will be provided for during the session.

- All mobility and fitness levels are catered for whether standing, seated, etc

- Full details about the programme and how to register can be found here:

- <https://tti.justgo.com/workbench/public/events?ref=3A6E20868FD20728BA672DFC8BBD34C778E565D1>

- Other news from the Wicklow Branch includes:-

Branch meetings

- Monthly branch meetings with guest speakers will be held on the

- last Wednesday of every month in the Arklow Bay Hotel, Arklow Town. All welcome - no charge and refreshments are provided

- Wednesday 30 September at 11am

- Wednesday 28 October at 11am

- Wednesday 25 November at 11am

Donation from Wicklow Singers

- The Branch are very grateful to the Wicklow Singers who donated the proceeds of their Summer Concert to the branch totalling almost €2,500.

Summer Lunch - July 2026

- The branch held their annual Summer Lunch in the Arklow Bay Hotel in July which was very well attended.

Christmas Social Outing - December 2026

- Plans for a Christmas Social Outing in December are underway - more details to follow.

- Wicklow Sings for Health event - Saturday 17 October 2026

- The Wicklow Parkinson's Choir will take part in the inaugural Wicklow Sings for Health event in the Brockagh Centre, Glendalough, which will bring together diverse Singing for Health groups based in County Wicklow, to sing, network, share stories and socialise.

Dara MacMahon

WESTMEATH BRANCH

- Parkinson's Ireland expanded its services in to Westmeath for a very successful exercise pilot. The classes will be resuming on Tuesday, September 8th and will run weekly each Tuesday until November 17th at 1pm. Classes will take place at the Shamrock Lodge Hotel, Athlone.



Members of the Wexford Branch.



Walking Football as Medicine (WFAM)

What is Walking Football as Medicine?

WFAM is a fun, non-contact version of football designed specifically for adults living with chronic conditions or impairments.

It's low impact and packed with benefits for your physical and mental wellbeing.

Family and carers are welcome to attend.

Dates:

Every Monday from 7th September – 2nd November 2026.
(Excluding 26th October - public holiday).

Time:

2.30pm – 3.30pm followed by tea/coffee.

Location:

Samuel Beckett Community Facility Ballyogan Court
Carrickmines, D18 HT72

How do I get involved?

Register by email to: active@ageandopportunity.ie
or Phone: 01 913 3943



NATIONWIDE PARKINSON'S DISEASE SURVEY

We are delighted to be partnering with Parkinson's Ireland on a nationwide Parkinson's disease survey to better understand the current challenges faced by those living with PD in Ireland.

This study will be following on from a similar survey carried out in 2017, focused on healthcare systems, symptoms management options and community support, across all Ireland. To highlight areas of need and advocate for change for this community, we are looking to get as many participants as possible to complete the survey in full. It is available online at the link attached below, through the QR code (right) or in person. To acquire a physical copy please contact your local Parkinson's Ireland branch for further information.

We are incredibly grateful for the support from Parkinson's Ireland and their members.

Please find the online survey using the link below:

<https://www.surveymonkey.com/r/PD-Census-Survey>

A national survey of the lived experience of People with Parkinson's disease in Ireland ten years on

You are being invited to participate in a national research survey in collaboration with Parkinson's Ireland examining how Parkinson's disease care and quality of life in Ireland has changed over the past decade.

Your responses will help shape future services and policy for people living with Parkinson's disease in Ireland.

The survey will ask questions about your diagnosis, symptoms, medications, healthcare access, and quality of life

It will take approximately 30-40 minutes to complete.

Participation is voluntary, and you may withdraw at any time without any penalty.

Your responses will be fully anonymous and only used for research purposes. To participate, you must be diagnosed with Parkinson's disease and reside in the Republic of Ireland.

To access the survey please scan the QR Code, email research@dni.ie or call our team at 01 854 5033.





Parkinson's Ireland



Please attach this form to my file

To be handed to your Doctor and used for planned or unplanned admission to hospital.

I am living with Parkinson's Disease. I may have difficulty speaking or writing clearly. My condition may deteriorate if my medication is not taken at the correct times prescribed for me.

I WILL NEED A FULL GLASS OF WATER PER PD TABLET



Name

Contact Number

Next of Kin Contact Number

Doctor/Neurologist Contact Number

Name of PD Medication	Dosage	Times

Other Medication



Don't leave it until there is an emergency to fill out this form.
By asking your Health Care Professional to attach this to your file you will be helping them to manage your condition while you are in hospital.

We work hard to guarantee that the information provided by our services is up to date, objective, and accurate. Please use this in conjunction with medical advice from your Parkinson's team and do not make any changes prior to discussing with your medical team. Please see our website for most up to date version.