

## Recommended resources to help you care for someone with Parkinson's



To save you typing in long web addresses you can get a copy of this leaflet, with clickable web links, from our website at [oxfordparkinsons.org.uk](https://oxfordparkinsons.org.uk) – just choose *For professionals* from the Resources menu, or scan this QR code to visit the page directly.

### Looking after residents, clients or loved ones who have Parkinson's

Our national charity Parkinson's UK has a huge range of resources, training material and informative booklets that you can use to support your work. If you're working in a care home setting, a great starting point is their booklet **Caring for your resident with Parkinson's**. You can order free printed copies, or download it or read it online at

<https://shop.parkinsons.org.uk/products/caring-for-your-resident-with-parkinson-s>

Other resources available from Parkinson's UK include:

- another booklet, specifically for home-care workers  
<https://www.parkinsons.org.uk/professionals/resources/parkinsons-guide-home-care-workers>
- a 20-minute training video with related resources from the national Parkinson's Excellence Network  
<https://www.parkinsons.org.uk/professionals/events-and-learning/caring-your-resident-parkinsons-excellence-network>
- many helpful booklets on specific aspects of the condition and its management

Most of these resources are completely free even if you order paper copies of the booklets. There's also an interactive PDF presentation that guides you through a range of learning opportunities for all levels of experience and knowledge, with clickable links to many more resources:

[https://www.parkinsons.org.uk/sites/default/files/2022-07/HCSPathway\\_July\\_2022\\_0.pdf](https://www.parkinsons.org.uk/sites/default/files/2022-07/HCSPathway_July_2022_0.pdf)

### Oxford Branch: can we help?

With activities and our monthly meetings available to join online, we aim to provide a friendly environment for people affected by Parkinson's throughout Oxfordshire. You can find more about what we do on our website [oxfordparkinsons.org.uk](https://oxfordparkinsons.org.uk).

### Parkinsons.me, a pioneering local charity

The website <https://parkinsons.me> was set up by a Wantage resident to support families that include someone with Parkinson's. Since then, the Parkinsons.me team has created a lovely garden space in Ardington that anyone can visit. Check their website for more details and other resources.

### Something a bit lighter

The comedy writer Paul Mayhew-Archer is a member of Oxford Branch. A few years ago he created a very entertaining 30-minute BBC documentary **Parkinson's: The Funny Side** which is still available on iPlayer at this link:

<http://www.bbc.co.uk/iplayer/episode/b072xkcz/inside-out-south-parkinsons-the-funny-side>

### Interested in the latest Parkinson's research?

Dr Simon Stott, a former Cambridge researcher who is now deputy director of research at the charity Cure Parkinson's, publishes a blog with frequent updates on recent developments in academic and clinical research. It's all very readable even when it's looking at highly technical scientific material. You can read it at

<https://scienceofparkinsons.com/>

The BBC's former technology correspondent Rory Cellan-Jones was diagnosed with Parkinson's a few years ago and often writes about interesting technology related to Parkinson's:

<https://rorycellanjones.substack.com/>