



Resources for Planning Support Group Meetings

The **Ohio Parkinson Foundation Northeast Region** has several [Resources for Support Group Leaders](#) including a message board to ask questions, share speaker or meeting topic ideas and provide beneficial information to each other. There is also a list of local speakers you could use for your support group as well as a link to financial support for your support group.



Parkinson and Movement Disorders Alliance's (PMDA) In Sync! TM [Support Group Leader Reference Guide](#): Practical tips and guidance on establishing and maintaining a successful support group. Click on the link and scroll half way down to page to the Guide in your language of choice. There are many other resources to explore on this page as well.

The Parkinson's Foundation's [Support Group Leader Guide](#) takes you through the process of starting, facilitating and maintaining a Parkinson's support group.



Davis Phinney's [Parkinson's discussion guides](#) focus on some of the primary aspects of living well with Parkinson's, from reframing your mindset and managing symptoms to surgical treatments, complementary therapies, exercise, and social connection. Each guide includes recommendations on ways to use it, how to facilitate group discussions, and how to ensure difficult conversations encourage and welcome many points of view.

Open your camera app on your phone and center one of the QR codes above. The link will pop up on your screen. Tap the link to take you directly to each resource. You may also tap on the Blue, underlined text to go to each link.

Michael J. Fox's [Understanding Parkinson's](#) section has a wide variety of easy to read articles including links to videos, podcasts and resources guides for each topic.



Parkinson's Foundation PD Library - select [Fact Sheet and Videos](#) on the left side, then type in the topic to discuss in your Support Group Meeting. There are longer webinars, but also short 3-5 minute videos or short, and information packed Fact Sheets on many different topics.

Parkinson and Movement Disorders Alliance's [Meeting Makers](#) in the Training and Content section provide conversation cards for ice breakers, topics of conversation and closings.



Michael J. Fox's [What is Parkinson's Disease](#) video is a great explanation or review of Parkinson's Disease from Prevalence to various treatment options.

Parkinson's Foundation [PD Health @ Home](#) series has 30 minute videos on mindfulness and wellness that can be a good watch together with a discussion to follow. They typically are interactive and can spark great conversations.



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