

Parkinson's Support in Northumberland

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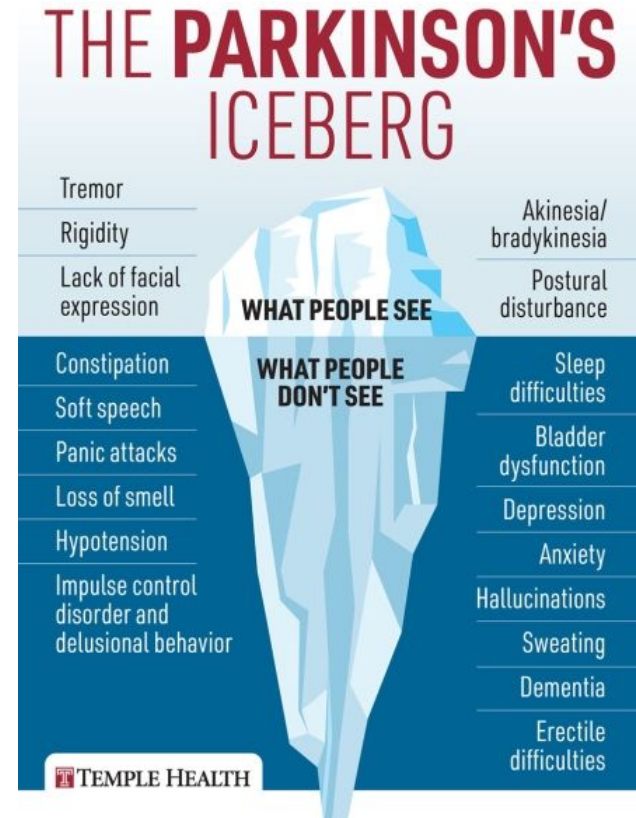
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**We're Parkinson's
UK, the charity
that's here to
support every
Parkinson's journey.
Every step of the**

Parkinson's symptoms

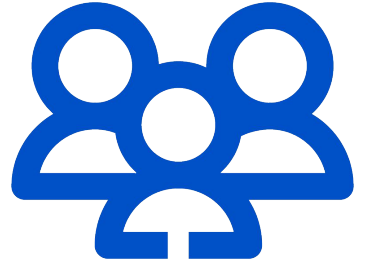
There are over 40 symptoms of Parkinson's. The 3 main symptoms are:

- tremor (shaking)
- slowness of movement
- muscle stiffness



Who does it affect?

- **153,000 people** in the UK have Parkinson's.
- **Every hour, two people** are diagnosed with Parkinson's
- Most people diagnosed are over the age of **65** when diagnosed.
- **Younger people** get Parkinson's too.
- Occurs in **all ethnic groups**.
- Affects more men than women.



The impact of Parkinson's on daily life

2 hours struggling to eat.
10 people staring at me.





Matt's
Parkinson's
journey

PARKINSON'S^{UK}

A close-up portrait of a woman with shoulder-length, wavy blonde hair and bangs. She has a neutral expression and is looking directly at the camera. The background is a solid, bright blue color.

Caroline's
Parkinson's
journey

PARKINSON'S^{UK}

Communication and Parkinson's

Communication and Parkinson's

- Speech – quiet, slurred, slow
- Voice – monotonous, lacking emotion
- Ability to smile
- Blank facial expression
- Tiring
- Delayed response
- Writing difficulties
- Computer/smartphone challenges



Communication – you can help

- Give people more time to respond.
- If you can't hear someone it's OK to ask them to speak a little louder if they can.
- Don't assume someone's not friendly or not interested.
- Smile!
- For some people, talking while walking may be difficult. They may need to stop before answering a question.
- Talk to them, not their partner or carer.
- Don't make assumptions

Treatment of Parkinson's

Managing symptoms

- Medication
- Physical Activity
- Occasionally surgery- Deep Brain Stimulation
- Therapies - speech and language, occupational, physiotherapist



GET ACTIVE.
STAY ACTIVE.
WITH PARKINSON'S.



Parkinson's UK - here to help

Parkinson's UK Support

**Helpline and
advisers**



0808 800 303

Supporting
you with
practical and
emotional
support.

**Support
Near You**



Find the
support and
activities you
need, local to
you, with our
look-up tool..

**Website and
information**



Information
and advice
on how to live
well with
Parkinson's.

Parkinson's UK Support (continued)

Call Companions



A friendly weekly phone call for those who are very isolated

Grants



Our grants help with the cost of home adaptations, equipment, or taking part in activities.

Get involved



Volunteer, take part in research, campaign, and fundraise.

Weekly exercise opportunities:

Berwick, Wooler, Alnwick, Morpeth,
Ashington, Haltwhistle, Blyth

Social get-togethers:

Alnwick, Morpeth, Hexham, Bellingham

Parkinson's UK membership

- Open to all**
- Free**
- Stay up to date**
- Show your support**

Thank you!



Any questions?