



HOW IS DAILY LIFE

Parkinson's can affect:

- Walking and balance
- Fine motor skills
- Speech and facial expression
- Daily tasks like dressing or writing
- Emotional well-being

SUPPORTIVE STRATEGIES

- Encourage regular movement and stretching
- Use mobility aids when needed
- Allow extra time for tasks
- Provide emotional support
- Maintain a safe home environment

WHEN TO SEEK HELP

If tremors, stiffness, or movement changes begin affecting daily life, consult a healthcare professional.



D.A.P.S.

Circle of Hope Foundation

Visit:

www.DAPSFnd.org

Call:

(302)781-2881

Email:

Info@DAPSFnd.org

Send Mail to:

D.A.P.S. Circle of Hope Foundation

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For education only.

Not medical advice or diagnosis.

Information is general public knowledge.

Please consult a licensed healthcare professional for medical concerns.

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A SIMPLE GUIDE FOR
FAMILIES & CAREGIVERS

UNDERSTANDING PARKINSON'S



WHAT IS PARKINSON'S?

Parkinson's disease is a neurological condition that affects movement due to reduced dopamine in the brain.

Parkinsonism refers to a group of related conditions that share similar movement symptoms but have different causes.

Key Signs and Symptoms

- Tremor at rest
- Muscle stiffness
- Slowed movement
- Shuffling walk
- Balance problems
- Soft or quiet speech

Who It Commonly Affects

Most people diagnosed are over age 60, though some forms appear earlier. Risk increases with age, genetics, and certain environmental factors.

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Types of Parkinson's

Idiopathic Parkinson's disease

Juvenile Parkinson's disease

Drug-induced parkinsonism

Vascular parkinsonism

Multiple system atrophy (MSA)

Progressive supranuclear palsy (PSP)

Corticobasal degeneration (CBD)

Dementia with Lewy bodies

How It's Identified

Neurological exams

Movement assessments

Medical history

Imaging (MRI)

Medication response testing

Healthcare professionals may use these tools help determine the type and cause of symptoms.

How We Help



Our *Community Awareness, Resources & Education Circle* provides resource bags and accessible information that help families learn about D.A.P.S. conditions and spread awareness in the community.



Our *CareLink Program* helps individuals and families locate trusted care providers and services tailored to their D.A.P.S.-related needs.



Our *HopeMail* is a confidential, safe space where people can talk freely and receive much-needed companionship from our Hope Ambassadors, especially for those who may have no one else to talk to.

and more!!!!!!!!!!