

You are not alone. We are here to help.

Parkinson Society British Columbia (PSBC) is a not-for-profit charitable organization that aims to empower the Parkinson's (PD) community through providing resources and services to enable self-management, self-reliance, and self-advocacy.

Our services include, but are not limited to:

- One-on-one consultations by phone, e-mail, and in-person
- Free, confidential, short-term counselling services for people affected by Parkinson's
- PDLink, a peer-to-peer program that matches individuals living similar experiences
- Publication of informational resources, such as *Viewpoints*, a quarterly newsletter with up-to-date information on research, medication, caregiving, nutrition, and more
- Educational events held across BC and via webinar, featuring experts in Parkinson's research and treatments
- Books and DVDs available through our lending library
- A network of over 50 support groups province-wide, including online support groups
- PD Connect, a formal referral program where healthcare professionals refer patients with Parkinson's and their carepartners to PSBC for support services

"Our emails have taken a bit of the pressure off my carepartner who feels overloaded at times."

Your Support is Essential

Your annual membership fee and donations will enhance the Society's ability to fund research, and provide services to people with Parkinson's and their families.

Parkinson Society British Columbia, governed by a voluntary Board of Directors, is supported by donations from individuals, members, corporations, foundations, and the dedicated efforts of volunteers.



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PDLink Program



“Talk about your Parkinson’s journey or your carepartner experience with someone who has walked in your shoes.”

There are approximately 13,000 British Columbians who are living with Parkinson’s disease (PD); however, the disorder, which often results in unpredictable and continuous changes, affects more than the individual diagnosed. It changes the lives of family, friends, and loved ones forever.

Whether you are contending with a new diagnosis, adjusting to advancing symptoms, or going through a new stage in your PD journey, you may find it helpful to connect with someone outside your immediate social network.

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PDLink Program

Those who are affected by Parkinson’s disease understand the experience of living with the disorder best.

While Parkinson Society British Columbia (PSBC) has a network of over 50 support groups throughout BC, we recognize that not everyone is comfortable in a group setting.

The PDLink program was developed as an alternative, or compliment to, our support groups. It is a peer-to-peer support program for people with Parkinson’s and their carepartners. Individuals are matched with someone that has similar experiences to their own.

Once paired, participants can communicate over the phone or via e-mail. In-person interactions are not required, and the frequency of contact is left up to you.

This service is available to anyone in BC and the Yukon.

“My hope was that someone in my situation would understand and help and he did. [My volunteer] was incredible to talk to and he has told me that I ended up also helping him as much as he helped me. We could relate to each other.”



“[My volunteer] helped me so much through a number of very difficult years. I don’t know what I would have done without her support, friendship and guidance.”

Who would I talk to?

Those interested in participating in PDLink fill out an application form and are interviewed by a member of PSBC’s staff. Individuals are asked about their reasons for wanting to participate, their experience with Parkinson’s, and their general interests. From there, it is decided if the person is suitable for the program.

When we match you with another individual, we consider each person’s age, length of diagnosis, lifestyle, and other interests.

PDLink participants may choose to share their experience living with Parkinson’s, tips on coping, and local community resource information. But above all, they will listen.

All conversations are confidential.