

## RESEARCH

APDA is committed to scientific research and proudly invests in the most promising projects that are focused on discovering the causes and potential treatments for Parkinson's disease. APDA has been a funding partner in many major PD scientific breakthroughs. Our focus is to bring the best new talent to the field of Parkinson's disease research through annual research grants and fellowships. APDA also maintains Centers for Advanced Research in major academic and medical centers across the country. To learn more about the research we fund, visit [apdaparkinson.org/research](https://apdaparkinson.org/research).



## APDA IS HERE FOR YOU, LOCALLY AND NATIONWIDE.



Support from the general public makes our work possible. Donations of any size help us provide impactful programs and services to the Parkinson's community.

### WAYS TO SUPPORT APDA

- VOLUNTEER WITH US AND/OR ATTEND AN APDA EVENT
- GIVE A ONE-TIME OR RECURRING GIFT ONLINE AT [apdaparkinson.org](https://apdaparkinson.org)
- MAIL A CHECK TO  
PO Box 61420  
Staten Island, NY 10306
- CALL US TO DONATE  
800-223-2732
- YOU CAN ALSO DONATE STOCKS, MUTUAL FUNDS, OR OTHER SECURITIES, OR MAKE A PLANNED GIFT THROUGH YOUR WILL, TRUST, LIFE INSURANCE POLICY – CONTACT US FOR INFORMATION.

APDA can help anyone, anywhere. Call or email us and we will help connect you with resources.  
800-223-2732 or [apdaparkinson.org](https://apdaparkinson.org).

**apda** AMERICAN  
PARKINSON DISEASE  
ASSOCIATION  
Strength in optimism. Hope in progress.



## WE ARE HERE FOR YOU.

Every day, we provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest.



- 📞 800-223-2732
- ✉️ [apda@apdaparkinson.org](mailto:apda@apdaparkinson.org)
- 🌐 [apdaparkinson.org](https://apdaparkinson.org)
- 📘 [facebook.com/APDAparkinsons](https://facebook.com/APDAparkinsons)
- 📷 [@apdaparkinsons](https://instagram.com/apdaparkinsons)

## ABOUT APDA

Founded in 1961, APDA is a nationwide grassroots network dedicated to fighting Parkinson's disease.

## WHAT IS PARKINSON'S DISEASE?

Parkinson's disease (PD) is a type of movement disorder that can affect the ability to perform common, daily activities. It is a chronic and progressive disease, meaning that the symptoms become worse over time. It is characterized by its most common motor symptoms—tremors, stiffness or rigidity of the muscles, and slowness of movement. PD also manifests in non-motor symptoms including anxiety, depression, and fatigue, among others.

## PD BY THE NUMBERS



Every **6 minutes**, somebody receives a **new diagnosis of PD**.



There are **~90,000 new diagnoses of PD** per year.



About **1 million** people in the US live with **Parkinson's disease**.

## APDA PROGRAMS & SERVICES FOR THE PD COMMUNITY



### Information and Referral

You can call or email APDA National to speak to a local expert to connect you to Parkinson's disease resources in any state.

### Support and Education

APDA National can help you get connected with valuable programs in the community, including support groups for people with PD and their care partners. One of those support groups is the PRESS™ program, specifically designed for those within the first five years of a PD diagnosis, and facilitated by a credentialed psychosocial professional. We also host helpful education programs throughout the year across various communities in any state and so much more. Sign up for our weekly newsletter so you don't miss any upcoming programs or PD news.

### Exercise and Wellness

APDA National provides access to Parkinson's disease exercise and wellness programs, including therapeutic arts programs, that support the physical, mental, and emotional health of the PD community in any state.

Please call [800-223-2732](tel:800-223-2732) or email us at [apda@apdaparkinson.org](mailto:apda@apdaparkinson.org).

### Virtual Programs

APDA offers a Virtual Calendar of Events that allows you to join virtual education programs and Parkinson's wellness programs (which include singing, dance, yoga, Tai Chi, and more), no matter where you live. Visit us at [apdaparkinson.org/events](https://apdaparkinson.org/events) to learn more.

Stay connected! Sign up for our newsletter and follow us on social media!

## OPTIMISM WALK

APDA's Optimism Walk is a nationwide movement to mobilize and inspire people to step up and put an end to PD. Each walk is an important and fun-filled event that raises awareness of PD, and much-needed funds.



**Why walk?** The more funds we raise, the more people we can help. Visit [apdaparkinson.org](https://apdaparkinson.org) for more information about the Optimism Walk in any state.

## APDA PUBLICATIONS

APDA has created a wide array of free informational booklets and fact sheets to help educate you and your loved ones about PD. Our publications are available in English, Spanish, and Chinese. You can download our publications on our website, [apdaparkinson.org/resources](https://apdaparkinson.org/resources).

You can request hard copies to be mailed to you by calling [800-223-2732](tel:800-223-2732).

