



# resource list

## PARKINSON'S DISEASE

### What is Parkinson's Disease?

Parkinson's disease is a neurodegenerative disorder that affects predominately the dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra. Symptoms typically develop slowly over the years, and often include tremors, slowness and paucity of movement, limb stiffness, and gait and balance problems. As the disease progresses, non-motor symptoms can develop, including a variety of cognitive impairments.

### What programs does Insight offer?

While families living with Parkinson's disease can benefit from many of Insight's programs, here are a few options that might be beneficial:

#### PARKINSON FRIENDS

Offered in partnership with Inova Parkinson's and Movement Disorders Center, meet other people with Parkinson's and their families to learn from local experts and encourage each other, and leave with a feeling of hope and purpose that you can get the most out of life, maintain your independence, and continue to enjoy all that life has to offer.

- **Sterling Parkinson Friends**, meets third Thursdays at 1:30 pm
- **Fairfax Parkinson Friends**, meets first Wednesdays at 12:30 pm
- **Dance for PD**, every Wednesday at 11:00 am

#### CARE & RESPITE PROGRAMS

No matter what stage of the journey your loved one is in, Insight offers programs for the diagnosed individual, both in-person and virtually.

- **Reconnections**, early stage engagement program
- **Reconnections Virtual**, early stage virtual program
- **Adult Day Health Center**, early-mid to late stage holistic care

#### CONSULTATIONS

Not sure where to start? Insight offers free **family consultations** to help guide your family along your journey, regardless of whether you utilize any of our other services. Give us a call!



**Insight Memory Care Center**  
**InsightMCC.org | 703-204-4664**

*Nonprofit adult day health & resource center providing specialized care, support, and education for families living with dementia.*



**Inova Parkinson's and Movement Disorders Center**

**<https://www.inova.org/move>**  
**703-375-9987**

*Providing comprehensive care from a multidisciplinary team designed to get you moving again.*



**Parkinson's Foundation**  
**[parkinson.org](http://parkinson.org)**

**Help Line: 800-4PD-INFO**

*Everything you need to live better with Parkinson's.*



**National Institute on Aging**

**<https://www.nia.nih.gov/health/what-lewy-body-dementia>**

*Under the National Institutes of Health, NIA conducts research and provides education on Alzheimer's and other memory impairments.*

