

Parkinson's Disease

What is Parkinson's Disease?

Parkinson's disease is a progressive neurological condition affecting movements such as walking, talking and writing. About 120,000 people in the UK are affected; usually people over the age of 50 years old.

[Parkinson's UK](#) produce a range of publications which cover all issues relating to the condition. You can browse all of their factsheets on their website.

Symptoms

The three main symptoms of Parkinson's disease are:

- tremors
- muscle stiffness
- slowness of movement

These symptoms usually begin slowly. The rate at which they progress is different for each person. It's not possible to prevent Parkinson's disease and the disease is not yet curable. However, symptoms can be controlled with medication. Physiotherapy, speech therapy and occupational therapy can help with movement, speech and overcoming difficulties in performing everyday tasks.

Your quality of life could also be improved by using [equipment and adaptations](#) such as a stairlift, wheelchair or smaller aids, such as a grab rail or walking stick.

The [Disabled Living Foundation](#) can provide you with further details, or you can contact [Community Health & Social Care Direct \(formerly Adult Social Care Direct\)](#) at Newcastle City Council.

Local Help and Support

[Parkinson's UK](#) is a charity which provides support, advice and information to people with Parkinson's disease, their carers, families and friends. They have a [Local Adviser](#) for the north region. There is also a **Newcastle branch of Parkinson's UK** which offers you the chance to meet other people in the Newcastle area and to take part in activities. For more information please visit [Parkinson's website – Local Groups](#).

[Lifespan](#) is a small local charity which brings ease and support to people with serious and life-

threatening illness, and to family members and friends who care for them. Lifespan's caring work is carried out by a small, dedicated, permanent and very experienced team who are able to offer continuity and flexibility to meet the patient and their family and carers needs. Lifespan works not only with families affected by cancer but also with those touched by any life-threatening illness such as motor neurone disease, Parkinson's and multiple sclerosis.

Other Useful Information

- [Watch a film for people newly diagnosed with Parkinson's](#) which explains more about the condition and includes interviews with people with Parkinson's disease, carers, and expert healthcare professionals.
- [Free 'Get it on time' washbag for people with Parkinson's disease](#) from Parkinson's UK. The washbag contains a guide full of tips and advice and other materials to help you to stay in control of your medication during a stay in hospital. It also contains a medication record that you can keep up to date with details of your medication regime and useful local contacts.
- [Healthtalk.org](#)
- [The Patient Information Centre](#) offers a range of health related information including;
 - medical conditions
 - procedures and treatments
 - details about self help and support groups
 - information about complaints procedures
 - copies of leaflets

Please note – The content on this website is provided for general information only, and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. If you are feeling unwell, make an appointment to see your GP or contact NHS 111. In an emergency, dial 999.

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Useful Organisations

Parkinson's UK

Email: hello@parkinsons.org.uk

Website: www.parkinsons.org.uk

Telephone: 0191 295 0467

Address: 215 Vauxhall Bridge Road, SW1V 1EJ

Patient Information Centre – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Website: www.cntw.nhs.uk

Telephone: 0191 246 7288

Address: St Nicholas Hospital, NE3 3XT

Community Health and Social Care Direct – Newcastle City Council

Email: scd@newcastle.gov.uk

Website: <http://www.newcastle.gov.uk/health-and-social-care/adult-social-care>

Telephone: 0191 278 8377

Address: CHSCD Newcastle City Council, NE4 9LU

Disabled Living Foundation

Email: info@dlf.org.uk

Website: <http://www.livingmadeeasy.org.uk/>

Telephone: 0207 289 6111

Address: Unit 1, SW11 3SE

Lifespan

Email: info@lifespanteam.org.uk

Website: <http://lifespans-charity.com/>

Telephone: 01434 622 398

Address: Mallan House, Bridge End Ind Est, Hexham. NE46 4DQ, NE46 4DQ

NHS

Website: www.nhs.uk

Telephone: 01434 622 398

healthtalk.org

Email: info@healthtalkonline.org

Website: www.healthtalk.org

Telephone: 01434 622 398

NHS 111

Website: www.nhs.uk/111

Telephone: 01434 622 398

Related Articles

[Home adaptations, equipment and aids](#)

[Looking after someone](#)

[Your Care: Needs assessments](#)

[Your Care: Financial assessments](#)

[Disability Living Allowance \(DLA\)](#)

[Being diagnosed](#)

[Personal Independence Payment \(PIP\)](#)