

# Understanding Parkinson's: World Parkinson's Day



## Living with Parkinson's is not easy.

Each person with Parkinson's is an individual and their experience of their condition will be unique to them. This requires a person-centred approach to their care.

- **2 people** are told they have Parkinson's **every hour**
- There are over **40 symptoms** of Parkinson's, including: freezing, tremor, difficulties speaking and swallowing, dementia and painful muscle cramps
- There are currently **145,000 people** in the UK living with Parkinson's
- Many people with Parkinson's experience poor mental health symptoms such as anxiety and depression



**Here's how our Parkinson's Course can help you and your care staff best support people living with the condition:**

1

**Understand what Parkinson's is**

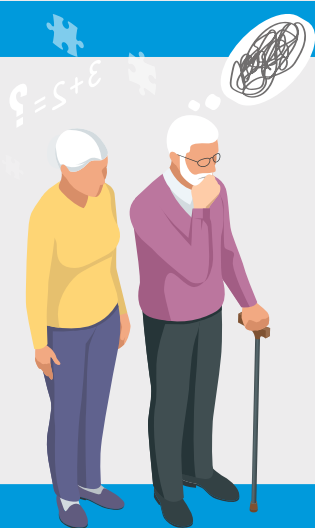


**Recognise the signs and symptoms**

2

3

**Know what support and help is available**



**Understand what living life with Parkinson's is like**

4

5

**Understand how to care for someone with Parkinson's**



**Find out more** about how you can get involved in World Parkinson's Day on the 11th April every year.

View our full course list which also covers topics such as mental health, person centred care and wellbeing.

[Click here for course list >](#)