

RESOURCES FOR PATIENTS WITH PARKINSON'S DISEASE

Learn about Parkinson's Disease

Parkinson Canada

4211 Yonge Street, Suite 316

Toronto, ON M2P 2A9

Tel. # 1-800-565-3000

www.parkinson.ca

info@parkinson.ca

www.parkinson.ca/knowledge.

Parkinson's Foundation

Helpline 1800 473-4636

www.parkinsons.org

<https://www.parkinson.org/living-with-parkinsons>

Parkinson's Resource Centre

720 Bathurst Street

Toronto, ON M5S 2R4

Tel. # 647 618-3291

www.parkinsonsresourcecentre.org

Exercise Programs

Brian Grant Foundation

Free online exercise classes

Tel. # 1-503 274-9382

<https://briangrant.org>

Rock Steady Boxing (contact for a location near you)

Tel. # 647 618-3291

www.rocksteadyboxing.org

Dancing with Parkinson's Canada (contact for a location near you)

Tel. # 647 217-9252

www.dancingwithparkinsons.com

One Step Ahead Mobility (Physiotherapy)

Tel. # 416 783-7175

www.onestepaheadmobility.com

Exercise and Falls Prevention Programs

Tel. #1-888 910-1999

<https://www.ontario.ca/page/exercise-and-falls-prevention-programs>

Allied Health Services

Speech Therapy for Parkinson's Bonnie Bereskin, Speech Language Pathologist

29 Alexis Blvd

Toronto, ON M3H 2P5

Tel. # 416 633-2146

Email: bonniespeech@gmail.com

Lee Silverman Voice Treatment (LSVT)

LSVT LOUD CLINIC

Baycrest Health Sciences

3560 Bathurst Street

North York, ON M6A 2X8

Tel. # 416 785-2500 ext.2928

www.baycrest.org

Toronto Central Local Health Integration Network (LHIN)

Provides health and financial services such as: Personal Support Worker (PSW), Speech Language Pathologist, Occupational Therapy, Physiotherapy, and Social worker.

Tel. # 1-866 243-0061

www.healthcareathome.ca

Find a Dietitian

Tel. # 1-877 519-5102

www.eatrightontario.ca

Social Support

Ontario Caregiver Coalition (link to support for caregivers)

www.ontargivercoalition.ca

This website is linked to a number of organizations and groups that provide services to caregivers.