What is the Purpose of a PD Support Group?

- A unique group specifically created by and for People with Parkinson's and their Care Partners
- Meet people like yourself diagnosed with Parkinson's disease
- Meet people who are helping provide care for a friend, loved one, relative or spouse who has PD – Care Partners
- To create a safe space that is non-judgmental, supportive positive and interactive
- To share information and experiences
- To support others while supporting yourself
UCSD Parkinson’s Support Groups

About Parkinson's - For Parkinson's - By Parkinson's

Chula Vista Group
2nd Fridays
1:00 - 3:00 pm

Mission Valley Group
1st Wednesday
2:00 - 4:00 pm

National City Group
1st and 3rd Tuesdays.
3 pm to 5 pm

Torrey Pines Group
3rd Thursday
12:30 - 2:30 pm
## UCSD Parkinson’s Support Groups

<table>
<thead>
<tr>
<th>Mission Valley</th>
<th>National City</th>
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<tbody>
<tr>
<td>The flagship group boasts the largest membership with 50 to 60 people in at every monthly meeting. The group started in 2012 with 6 people as a spin off of the “Good Start” program.</td>
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<td>The newest group and the only one to meet twice a month AND to includes an exercise component developed for and run by professional trainers with experience working with PD.</td>
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<th>Torrey Pines</th>
<th>Chula Vista</th>
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<tbody>
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<td>On the UCSD campus near the Salk Institute in a new state-of-the-art research building complete with its own Café and a spectacular view of the Pacific Ocean.</td>
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<td>Currently the most southern group. It meets at the Senior Center near in Chula Vista’s thriving revitalized downtown.</td>
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<th>SOLO</th>
<th>Groups Under Construction</th>
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<td>This specialty group focuses on the special challenges of people with PD, but without a designated Care Partner. Members focus on identifying issues, strategic planning for future care and being proactive.</td>
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| El Cajon, East County  
El Centro, Imperial County  
Spanish Language  
Specialty Groups |

UC San Diego Health
Why Attend a PD Support Group?

• Meet people like yourself diagnosed with Parkinson's disease
• Meet people who are helping provide care for a friend, loved one, relative or spouse who has PD – Care Partners
• Learn from your peers, get questions answered
• Get current information about PD, new drugs and therapies, hear about others’ successes and failures
• Share personal experiences
• Learn what works for others and apply that knowledge to your care
• Make new friends, discover shared interests
• Make a difference in your life and in others
Peer Support – Not Medical Care

• Discuss symptoms and medication options, share resources, and learn from people who have first hand experience
• Parkinson's disease is different for everyone
• Symptoms and treatments vary widely from person to person
• Optimizing your health requires collaboration with your physician
• Peer support is a valuable and effective tool for dealing with PD, but it does not take the place of the medical care you get from your physician
What Can You Get From a Support Group?

What are the most valuable things about the group for YOU? (select as many as applicable)

51 responses

- Guest speakers: 39 (76.5%)
- Meeting others: 42 (82.4%)
- Exchanging praise: 42 (82.4%)
- Information about the disease: 31 (60.8%)
- A place to go: 20 (39.2%)
- Sharing information: 24 (47.1%)
- Advice from others: 32 (62.7%)
- Emotional support: 25 (49%)
- Social time: 17 (33.3%)
- Make new friends: -26 (51%)
- Brief stretch/exercise: 12 (23.5%)
- Opportunity to vent: 31 (60.8%)
- You name it, it's...: -1 (2%)
The UCSD PD Support Group Network

- Torrey Pines Support Group
- Mission Valley Support Group (2)
- National City Support Group
- Chula Vista Support Group
The UCSD PD Support Group Network
The “805 PD Support Group Network”
You Are Not Alone!
You Are Not Alone!

UCSD Parkinson's Support Group meetings are free and open to anyone regardless of where you get your medical care.