

Relationships

- American Parkinson Disease Association
- Care Giver Coalition
- Davis Phinney Foundation for Parkinson’s
- Home care and service agencies
- Kirk Gibson Foundation for Parkinson’s
- Michael J. Fox Foundation
- Mobility and safety providers
- Parkinson’s Foundation
- Parkinson’s Movement Disorder Alliance
- Regional Parkinson’s Associations
- San Diego Planning Partnership

Exercise & Vocal Related Partnerships

- AudAbility and other Services
- Coach Me Strong
- NeuroLab 360
- Reneu Health
- Rock Steady Boxing
- Tremble Clefs

Our Approach

PASD conducts fundraisers that sustain and expand all of the vital programs and services it provides. These include a 5k walk, golf tournament, and a fall event. Over 1000 participants typically engage in the annual “Fighting Parkinson’s Step by Step” Walk. The 2022 golf tournament was a great event!

Other sources of income include a Matched Fundraiser, planned giving, and corporate and foundation donations. The Tribute Wall on the PASD website provides the opportunity for contributions meant to honor or memorialize a loved one, friend or colleague. 100’s of tributes were received over the past 3 years.

All income is used to support PD related services in San Diego County.



Empowerment Day - Acadia Volunteer Team

Upcoming Events & Fundraisers

The latest schedule of events and fundraising activities is available on the PASD website [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org)

Your Support

Your donation enables us to continue to make available assistance to thousands of San Diego County residents - people with Parkinson’s and their care partners/families.

We cannot do it without your support!

All donations remain in San Diego County to assist residents. Please consider Planned Giving Options.

Visit our website at [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org) or contact PASD directly at (858) 999-5671.

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Brochure created June 2022



## Understanding Parkinson's Disease

Parkinson's disease is included in a group of neurological conditions referred to as motor system disorders. While it's estimated that seven to ten million people worldwide have Parkinson's disease, clinicians suspect that 1.2 million people in the United States are living with Parkinson's. That number is expected to double by 2030.

## Our Mission & Vision Statements

**Mission:** "To enable those affected by Parkinson's disease to live their best lives through support, resources and education"

### Vision:

- **enable** people living with Parkinson's disease to lead full, productive lives
- **raise** public and community awareness of Parkinson's disease
- **enhance** quality of life through community events, programming and national resources
- **provide** moral support to those living with PD and their families

## Our Programs & Services

The Parkinson's Association of San Diego (PASD) has strategically developed and implemented the following Programs and Services to thousands of San Diego County residents who are impacted by Parkinson's disease; services are also extended to their care partners and loved ones.

**All funds donated to PASD remain here in San Diego County to assist residents.**

## Information, Resource Identification and Communications

PASD uses the following methods to keep the San Diego Parkinson's community fully informed:

- **Website** - serves as a full resource center (Average 200 hits a day). Our website contains a vast array of Microcasts/podcasts, videos and other extensive resources
- **E-Blasts to PD community** (10,000 recipients every week)
- **E-mail Communications** (continually)
- **Social Media**, including **Facebook and Instagram** posts (regarding PD events)
- **Information and Referral** (I & R) service (on going. Over 3,000 are processed per year)
- **Presentations at PD** related meetings and events (20 per year)
- **Quick Grants Program** (13 Grants issued)

## Special Hispanic Community Initiative

Our services are being expanded and are available in Spanish for San Diego's Spanish speaking population.

## Education and Training

### Annual Empowerment Day

PASD conducts an annual "Empowerment Day" - a full-day educational Parkinson's Symposium, co produced with other key medical, service providers and pharmaceutical entities. The last symposium - filled to capacity with over 450 attendees - featured 15 speakers who presented a wide array of PD-related topics. Over **2000 individuals have attended** the symposiums that have been held since inception in 2017. The next Program will be held on 11/30/2022.

### Good Start Program

This program is designed specifically for those individuals who have been recently diagnosed with Parkinson's and their care partners, as well as for any person who wishes to learn more about PD. Since its inception in March 2018, over **900 attendees** have learned tips and tools on managing symptoms and how to find their way to living their best lives with PD. Its purpose is to help ease the fear and anxiety associated with a new diagnosis of PD by providing accurate information and support resources. The program is offered at **no cost** to participants.

## Special Needs Assistance

### Transportation

PASD and Facilitated Access to Coordinated Transportation (FACT) launched a program to provide free transportation to Parkinson's patients and their caregivers/care partners within San Diego County. The service is available for free to those needing transportation to medical appointments with their Movement Disorder Specialist, PASD authorized Support Group meetings and PASD sponsored events. **Hundreds** of rides have been provided since inception.

### Medical Support Devices & Equipment

PASD has partnered with Access Medical, a mobility and home assessment company. People with PD can get free mobility devices by first calling PASD. Donations of items are passed along free of charge. Since 2017, over 300 individuals have been served.

## Mentor Program

Our experienced and well trained mentors are people who live with PD, Care Partners who share a journey with a person with PD and/or clinicians who provide care for people with PD. Mentors offer confidential discussions, support and resources for those seeking guidance along their PD journey.

## Support Groups

PASD works closely with existing **PD Support Groups** and convenes monthly Support Group Leaders' meetings. The creation of new Support Groups to unserved areas within the County is a top priority for PASD. Over 50 meetings have been convened since 2018.