

Relationships

Davis Phinney Foundation for Parkinson's
Independent Parkinson's Network
Michael J. Fox Foundation
Parkinson's Foundation
Parkinson's Movement Disorder Alliance

Partnerships

Reneu Health

Our Approach

PASD conducts fundraisers that help 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 2023 golf tournament was a great event!

Other sources of income include a matched fundraiser, planned giving, corporate/pharmaceutical sponsorships, foundation donations, grants and individual giving. Our Tribute Wall on the PASD website provides the opportunity for contributions offered to honor or memorialize a loved one, friend or colleague. 100's of tributes were received over the past 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

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 or contact PASD directly at (858) 999-5671.

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PARKINSON'S
ASSOCIATION OF SAN DIEGO

"Helping You Live Your Best Life"





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 programs and services for 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** (9,000 recipients every week)
- **E-mail Communications** (continually)
- **Social Media**, including Facebook and Instagram posts (regarding PD events)
- **Information and Referral (I&R) Service** (Over 3000 inquiries are processed per year)
- **Presentations** at PD related meetings and events (30 per year)
- **Quick Grants Program** (13 grants issued)

Education and Training

Annual Empowerment Day

PASD conducts an annual "Empowerment Day" – a full-day educational Parkinson's Symposium, co-produced with key medical, service providers and pharmaceutical entities. The symposium fills to capacity with over 500 attendees and features 20 speakers who present a wide array of PD-related topics. Over 2500 individuals have attended the symposiums since inception in 2017. The Program is generally held the last week in November.

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 1000 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.

Mentor Program

Our experienced and well trained mentors are people who live with or care for people with Parkinson's. Our mentors are great listeners who offer free confidential discussions, support, and resources for hundreds of people seeking lifestyle guidance on their PD journey.

Mental Health Professional Training

PASD produced a much-needed, comprehensive education program for clinical psychologists, MFTs, and social workers on the intricacies of working with people with Parkinson's.

Medical Support Devices/Equipment

PASD partnered with a local mobility and home assessment company to provide people with PD free mobility devices. Over 500 individuals have been served since 2017.

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 60 meetings have been convened since 2018.

Special Hispanic Community Initiative

Our services for San Diego's Spanish speaking Parkinson's community continue to expand. Our team now includes a dedicated Hispanic Community Liaison and we recently published a second website completely in Spanish. The main PASD website is also available in Spanish.

