

# How to Advocate for yourself



**Nancy and Steve Hovey**

**Davis Phinney Foundation Volunteers and Parkinson's Advocates**

# Cornerstones to Living Well with Parkinson's

**Knowledge**  
**Community**  
**Medical Team**  
**Exercise & Nutrition**  
**Attitude**

# Medical Team

## Multi-Discipline Approach

- Movement Disorder Specialist
- Neurologist
- Physical Therapy
- Speech Therapy
- Exercise Therapist
- Occupational Therapy
- Nutrition/Diet
- Gastroenterology
- Etc....



# Knowledge = Be Informed + Be Connected

- Davis Phinney Foundation [www.dpf.org](http://www.dpf.org)
- Michael J. Fox Foundation [www.michaeljfox.org](http://www.michaeljfox.org)
- World Parkinson's Congress [www.worldpdcoalition.org](http://www.worldpdcoalition.org)
- ParkinsonsDisease.net [www.parkinsonsdisease.net](http://www.parkinsonsdisease.net)
- Parkinson's Foundation [www.parkinson.org](http://www.parkinson.org)
- Local Parkinson's Support Groups
- When Life gives you Parkinson's – Podcast
- Local presentations, symposiums, and conferences

# Community – Support Ecosystem

- Care Partner/Care Giver
- Family
- Friends
- Support Groups
- Outreach to others



***How can you help? Pay it forward!***

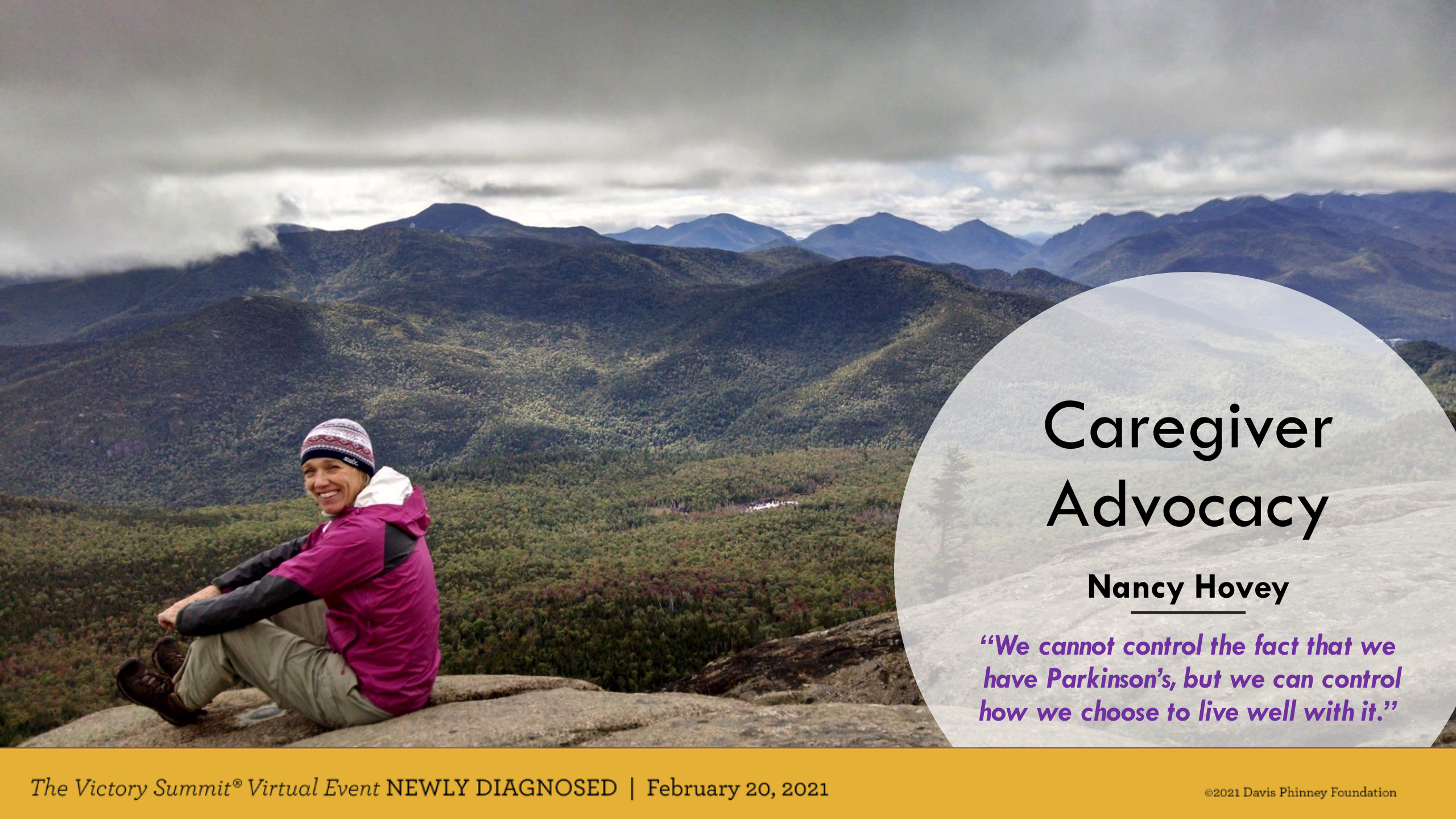


# Highlights of Parkinson's advocacy and participation

- Numerous Parkinson's Unity Walks in New York City
- The Udall Center of Excellence for Parkinson's research at Pennsylvania Hospital
- Various volunteer roles with the Davis Phinney Foundation
- Numerous cycling events in Colorado to raise money for the Davis Phinney Foundation
- Organize a local cycling to raise money awareness for Parkinson's
- Guest speakers at Parkinson's conferences and support group meetings
- World Parkinson's Conference in 2016 and 2019, Portland OR and Kyoto, Japan
- Panelist at MJ Fox conferences
- Parkinson's policy forum in Washington DC







# Caregiver Advocacy

Nancy Hovey

*“We cannot control the fact that we have Parkinson’s, but we can control how we choose to live well with it.”*



## Caregiver Advocacy

### Self Advocacy

- Take time to do activities that you enjoy. Take time for yourself. Take time to be with friends.
- Get good sleep, eat well and exercise
- Reduce stress / ask for help / accept limits
- Give yourself time to adjust – you will find your stride

## Caregiver Advocacy

## Community Advocacy

- Be well informed using reliable resources
- Attend conferences and support groups, participate in zoom discussion, listen to presentations / podcasts, read
- Give others personal support
- Be active – share what you can!

**BE INFORMED.**

**BE ENGAGED.**

**BE CONNECTED.**

**BE COURAGEOUS.**

**BE ACTIVE.**

<https://www.worldpdcoalition.org/>