



# Mental Health Mondays

Parkinson's Disease  
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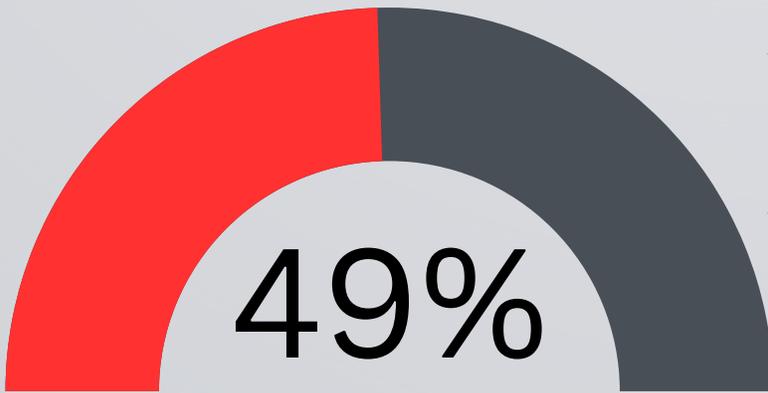
## April 11 is Parkinson's Awareness Day



### What is Parkinson's Disease?

- Parkinson's disease (PD) is a progressive degenerative disorder of the central nervous system mainly affecting the motor system or a person's movement.
- Early in the course of the disease, the most obvious symptoms are movement related; these include **shaking, rigidity, slowness of movement, difficulty walking and gait.**
- Later, **thinking and behavioral problems may arise**, with dementia commonly occurring in the advanced stages of the disease, often with Lewy Bodies, and **depression being the most common psychiatric symptom.**
- Other symptoms may include sensory, sleep and emotional problems.

### What does the data show?



- **Almost half of in-patient adults with behavioral health and intellectual/developmental disabilities (BHIDD) have a movement disorder.**
- **This is significantly related to the use of antipsychotic drugs prescribed to nearly 40% of adults with BHIDD, despite a lack of evidence of effectiveness and potential adverse effects, including movement disorders such as Parkinson's (Scheifes et al., 2016; Ramerman et. al., 2018).**

### What resources are available?

- Talk to a Helpline specialist at [1-800-4PD-INFO \(1-800-473-4636\)](tel:1-800-4PD-INFO) or [helpline@Parkinson.org](mailto:helpline@Parkinson.org) for up-to-date information about Parkinson's, referrals to care professionals, local resources and more.
- Connect with your local Parkinson's Foundation Chapter. [Find your local Chapter](#) for nearby programs, support groups, and events, such as Moving Day, A Walk for Parkinson's, and join in raising PD awareness and funds.
- Attend free care partner courses. The [Care Partner Program: Building a Care Partnership](#) offers a series of self-paced online courses that feature conversations with care partners, lessons from health professionals and more.

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