



Parkinson's Awareness Month 2026

Find Real Answers

What is Parkinson's disease? What causes Parkinson's disease? Is Parkinson's disease genetic? Who can get Parkinson's disease? What are the earliest symptoms of Parkinson's? Do all people with Parkinson's have tremors? How is Parkinson's disease diagnosed? Is there a cure for Parkinson's disease? How does Parkinson's progress over time? Which parts of the brain are affected by Parkinson's? What treatments are available for Parkinson's disease? What are the side effects of Parkinson's medications? What is levodopa? What are the side effects of levodopa? Can lifestyle changes help manage Parkinson's disease? How does Parkinson's affect movement? How does Parkinson's affect thinking or memory? Does Parkinson's affect mood or mental health? Can Parkinson's be fatal? How long can someone live with Parkinson's? What is deep brain stimulation? Can people with Parkinson's still drive? How does Parkinson's affect men and women differently? How can we support someone with Parkinson's? Can stress affect Parkinson's symptoms? How is Parkinson's different from essential tremor? Can Parkinson's be prevented? What is dopamine and why is it important? How does Parkinson's affect balance? Are there different types of Parkinson's? How often should someone with Parkinson's see a neurologist? Can diet affect Parkinson's symptoms? How does Parkinson's impact caregivers? What research is being done on Parkinson's? Can Parkinson's medications stop working over time? Why



**One Diagnosis.
One Million Questions.**

**Find Real Answers
at the Parkinson's Foundation.**

Overview

Every April, the Parkinson's Foundation engages the Parkinson's community near and far to raise awareness about both Parkinson's disease and the Foundation during Parkinson's Awareness Month. This year, with a larger network than ever before, our hope is to engage as many people as possible to improve the lives of people affected by Parkinson's through increased awareness.

This guide provides simple instructions and tools to help you activate your community to support the campaign and how you can participate. If you have any questions, please contact Grace Basler, Senior Coordinator, Social Media, at gbasler@parkinson.org.

2026 Theme: Find Real Answers

The theme for 2026 Parkinson's Awareness Month is **Find Real Answers**.

This Parkinson's Awareness Month, we're highlighting the Parkinson's Foundation as a trusted source for reliable information about Parkinson's disease while also sharing the real stories of the people, families and care teams whose lived experiences show what life with PD truly looks like.

This theme allows us to answer frequently asked questions and address key topics about Parkinson's disease while promoting our available resources.

Parkinson's Awareness Month Landing Page

This year, the Parkinson's Foundation is created a quiz to serve as the key feature of the campaign on the landing page at [Parkinson.org/awareness](https://parkinson.org/awareness). The quiz will test participants' knowledge about Parkinson's disease and encouraging them to *find real answers* across various channels. After each question, participants will see the correct answer and be directed to helpful resources to find more information. Quiz participants can submit their email address for a chance to win one of four \$25 Amazon gift cards.

How to Get Involved!

The sections below outline how you can activate your community to support the campaign and spread the word. These instructions include opportunities around the community so that everyone can participate at events, on our website and on social media. **Click on the links below to access instructions and sample materials.**

1. **Submit a Proclamation Template**
2. **Recruit at least one My PD Story**
3. **Email your networks**
4. **Schedule social media posts**
5. **Download and print the quiz to share with support groups or senior living communities**
6. **Join the Parkinson's National Day of Action**
7. **Submit photos from Parkinson's Awareness Month events**
8. **Communicate with the Communications Team**

Submit a Proclamation Template

Petition your mayor or governor to declare April Parkinson's Awareness Month. Insert your local information in the placeholders in the Sample Proclamation to customize it for your town or state. Go online to find out how to contact your mayor or governor's office, and/or call or email to inquire where to submit the proclamation. You can adjust the below template to fit any required word limits. After you've submitted the proclamation, follow up by email to Policy@Parkinson.org so we can see where we get proclamations accepted. You can also email Policy@Parkinson.org for any questions on how to submit a proclamation in your area.

2026 CITY/STATE PROCLAMATION TEMPLATE

2026 **CITY/STATE/TRIBAL** PROCLAMATION Parkinson's Awareness Month

A proclamation is a public statement or announcement by government officials recognizing an event, individual or organization in the community. Receiving a proclamation from a mayor, governor, tribal leader, or governing body of a city, county, or tribe helps increase awareness about Parkinson's disease and the continued need for research, prevention, education, and improvements in care and community services. When submitting your request, provide your contact information so they can reach out with any questions, invite you to an event unveiling the proclamation, or send you the final proclamation.

WHEREAS, Parkinson's disease is a chronic, progressive, neurological disease and is the second most common neurodegenerative disease in the United States;

WHEREAS, Parkinson's disease is estimated to affect approximately one million people in the United States and the prevalence will rise to 1.2 million by 2030;

WHEREAS, Parkinson's disease is the fastest growing neurodegenerative disease with 90,000 new people diagnosed each year in the United States;

WHEREAS, Parkinson's disease is the 13th leading cause of death in the United States according to the Centers for Disease Control and Prevention;

WHEREAS, it is estimated that the economic burden of Parkinson's disease is at least \$52 billion annually, including direct and indirect costs such as treatment, Social Security payments and lost income;

WHEREAS, the symptoms of Parkinson's disease vary from person to person and can include tremors; slowness of movement and rigidity; difficulty with balance, swallowing, chewing, and speaking; cognitive impairment and dementia; mood disorders; and a variety of other non-motor symptoms;

WHEREAS, the fastest growing subset of Parkinson's disease diagnoses is in people under the age of 50, known as young- or early-onset Parkinson's disease;

WHEREAS, research shows that a combination of genetic and environmental factors, such as exposure to pesticides like paraquat and certain metals, are tied to Parkinson's disease — but more research is needed to uncover the exact cause and progression of the disease;

WHEREAS, there is no objective test or biomarker for Parkinson's disease, and there is no cure or drug to slow or halt the progression of the disease;

WHEREAS, the symptoms of Parkinson's disease vary from person to person and can include tremors; slowness of movement and rigidity; difficulty with balance, swallowing, chewing, and speaking; cognitive impairment and dementia; mood disorders; and a variety of other non-motor symptoms;

WHEREAS, volunteers, researchers, care partners, and medical professionals are working to improve the quality of life of persons living with Parkinson's disease and their families;

WHEREAS, increased research, education, and community support services such as those provided by the Parkinson's Foundation and other organizations are needed to find more effective treatments, provide access to quality care to those living with the disease today and advance efforts toward a cure;

NOW, THEREFORE, I/WE, _____, Mayor/Governor/Governing Body of the City/County/State/Tribal of _____, do hereby proclaim the month of April in twenty twenty-six as PARKINSON'S AWARENESS MONTH.

Given under my hand in these free United States in the City of _____, and to which I have caused the Seal of the City/County/State/Tribal _____ of to be affixed and have made this proclamation public.

Mayor/Governor/Governing Body

Attest: _____

Submit or Recruit a My PD Story

“My PD Stories” powerfully illustrate what it’s like to live with Parkinson’s and how our programs and resources provide hope and support. We’d love stories that showcase the diversity of Parkinson’s disease. Do you have a unique story to tell, or know someone who does? Visit [Parkinson.org/PDStory](https://www.parkinson.org/PDStory) to submit stories.

Email Your Networks

This is one of the easiest ways to spread awareness for Parkinson’s Awareness Month. Just copy the approved blurb into a standalone email or add it to an email or newsletter you’re already planning on sending. Whatever works for you — this gets the message out quickly.

SAMPLE EMAIL OR NEWSLETTER BLURB

This Parkinson’s Awareness Month, Find Real Answers

This April, we’re joining with the Parkinson’s Foundation to **Find Real Answers** about Parkinson’s disease (PD). The campaign highlights the Parkinson’s Foundation as a trusted source of information and resources while sharing the real stories of the people, families and care teams living with PD every day.

How much do you know about Parkinson’s disease? Take the #FindRealAnswers quiz to test your knowledge. See which answers you got right and learn more through Parkinson’s Foundation resources.

Help us spread the word! Share the quiz and resources with your networks so more people can find real answers about Parkinson’s disease. Visit

[Parkinson.org/Awareness](https://www.parkinson.org/Awareness) for ways to get involved with Parkinson’s Awareness Month.

Social Media Guide

Thank you for helping us spread the Foundation's reach during Parkinson's Awareness Month! We've created sample graphics and captions to make it as easy as possible. If you have any questions, please email Grace Basler at gbasler@parkinson.org.

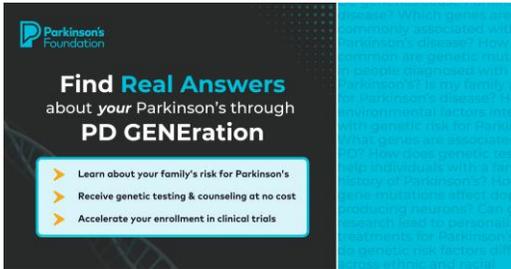
(Prefer to post with a single click? Looking for other graphic sizes? Check out our [Social Press Kit](#).)

Download all graphics [here](#).

Password: PD.2026.Graphics

Sample social media posts

Posts with graphics.

<p>When you first hear the words “Parkinson’s disease,” things get real. With one diagnosis comes one million questions. When you don’t know where to turn, Find Real Answers at the @Parkinson’s Foundation.</p> <p>Through Parkinson’s Awareness Month and beyond, the Parkinson's Foundation empowers people with PD and those who love them with resources, support and community. 🤝💙 Start finding real answers and learn about the disease that affects more than 10 million people worldwide: Parkinson.org/Awareness</p>	
<p>PD GENERation is a global research study from the @Parkinson’s Foundation that provides genetic testing and genetic counseling at no cost for people diagnosed with Parkinson’s. 🧬</p> <p>For Parkinson’s Awareness Month, Find Real Answers about YOUR Parkinson’s disease by registering today: Parkinson.org/PDGENERation</p>	

Caregiving is hard. Finding support shouldn't be. ❤️

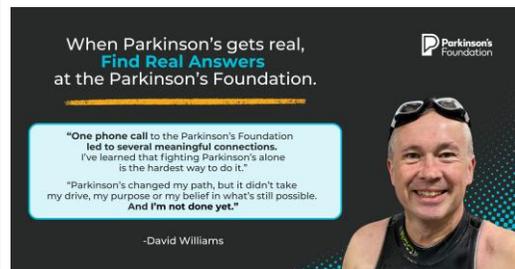
We know that Parkinson's disease doesn't simply affect the person living with PD, it affects the entire family. Whether you're looking for guidance for your loved one, practical tips for care partners, self-care resources, or connections to a support group, YOU can Find Real Answers at the [@Parkinson's Foundation](https://www.parkinson.org/Awareness).

For Parkinson's Awareness Month, take the first step toward the support you deserve: [Parkinson.org/Awareness](https://www.parkinson.org/Awareness)



One call to the [@Parkinson's Foundation](https://www.parkinson.org/Awareness) led to meaningful connections and support for David – and he's not the only one.

👉 This Parkinson's Awareness Month, Find Real Answers at the Parkinson's Foundation and see what's possible when you don't face PD alone: [Parkinson.org/Awareness](https://www.parkinson.org/Awareness)



One unexplained symptom can lead to many more questions, but you don't have to face this uncertainty alone.

No single one of these 10 early signs means that you should worry, but if you have more than one sign, you should consider making an appointment to talk to your doctor. The [@Parkinson's Foundation](https://www.parkinson.org/Awareness) is here to help you Find Real Answers every step of the way: [Parkinson.org/Awareness](https://www.parkinson.org/Awareness)

Will you share these signs for Parkinson's Awareness Month?



Exercise is a vital part of Parkinson's disease management, helping maintain balance,

This Parkinson's Awareness Month, Find Real Answers about hospital safety and PD. Learn how to advocate for yourself or a loved one during both planned and unexpected hospital visits by downloading or ordering your free copy of the [@Parkinson's Foundation](https://www.parkinson.org/awareness) Hospital Safety Guide: [Parkinson.org/Awareness](https://www.parkinson.org/awareness)

Estimates predict that **1 in 6** people with Parkinson's disease experience avoidable complications in the hospital each year.

When hospital visits get real, Find Real Answers at the Parkinson's Foundation.

When I was first diagnosed with Parkinson's, I was overwhelmed with the number of decisions they had to make. Through the Parkinson's Foundation, we found more than we could have ever asked for. We found community, we found resources, we found doctors, we found help at every corner.

-Ripley Fricano Hensley

Parkinson's disease impacts people in different ways. Not everyone will experience all the symptoms of PD; even if people do, they won't necessarily experience the symptoms in quite the same order or at the same intensity.

For Parkinson's Awareness Month, Find Real Answers at the [@Parkinson's Foundation](https://www.parkinson.org/awareness) about the symptoms and PD topics that matter the most to YOU: [Parkinson.org/Awareness](https://www.parkinson.org/awareness)

No two people experience Parkinson's disease the same way.

For support managing YOUR Parkinson's symptoms, **Find Real Answers at the Parkinson's Foundation.**

[Parkinson.org/Awareness](https://www.parkinson.org/awareness)

After a Parkinson's diagnosis, it's natural to feel overwhelmed. The [@Parkinson's Foundation](https://www.parkinson.org/awareness) is there to help you Find Real Answers about PD and move forward with confidence!

"We found help at every corner," says Ripley.

This Parkinson's Awareness Month, get connected to trusted information and support: [Parkinson.org/Awareness](https://www.parkinson.org/awareness)

When Parkinson's gets real, **Find Real Answers at the Parkinson's Foundation.**

"When my dad was first diagnosed, he and my mom were overwhelmed with the number of decisions they had to make."

"Through the Parkinson's Foundation, we found more than we could have ever asked for. We found community, we found resources, we found doctors, we found help at every corner."

-Ripley Fricano Hensley

World Parkinson's Day: April 11

- Today is World Parkinson's Day! 🌐 More than 10 million people worldwide are living with Parkinson's disease, and in the United States alone, someone new is diagnosed with PD every 6 minutes.

The [@Parkinson's Foundation](#) is dedicated to making life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything they do, the Parkinson's Foundation builds on the energy, experience and passion of the global PD community. We're excited to join them in raising awareness for Parkinson's disease ➡

[Parkinson.org/Awareness](https://www.parkinson.org/Awareness)!



Quiz Posts

- How much do you really know about Parkinson's disease? Take this Parkinson's Awareness Month quiz from the [@Parkinson's Foundation](#) to find out! If you get stuck, Find Real Answers using their new chat tool: [Parkinson.org/Awareness](https://www.parkinson.org/Awareness)
- Put your PD knowledge to the test this Parkinson's Awareness Month!  Take this online quiz from [@Parkinson's Foundation](#) and Find Real Answers along the way: [Parkinson.org/Awareness](https://www.parkinson.org/Awareness)

Additional Posts

- This Parkinson's Awareness Month, Find Real Answers for veterans with Parkinson's disease!

Visit Parkinson.org/Veterans to learn more about PD from the [@Parkinson's Foundation](https://Parkinson.org), and explore resources designed specifically for veterans with Parkinson's disease.

- Doctor's appointments can be short: sometimes just 15 minutes! 🕒 It's important to prepare for appointments to make the most of your PD care.

This Parkinson's Awareness Month, explore tips from the [@Parkinson's Foundation](https://Parkinson.org) on getting ready for an appointment and be empowered to Find Real Answers about your Parkinson's care: Parkinson.org/OptimizingCare

- Better treatment starts with better research. 🧬 The [@Parkinson's Foundation](https://Parkinson.org) is driving a multi-disciplinary research strategy to close the gaps in knowledge about PD.

Today for Parkinson's Awareness Month, learn about the work they're doing to Find Real Answers for the Parkinson's community: Parkinson.org/Research

- Mental health challenges are part of Parkinson's disease itself, resulting from PD-related changes in brain chemistry. 🧠

Today for Parkinson's Awareness Month, Find Real Answers from the [@Parkinson's Foundation](https://Parkinson.org) about managing depression, anxiety, apathy, and other mental health symptoms in PD: Parkinson.org/MentalHealth

- Calling all healthcare professionals! 🏥 With one diagnosis of Parkinson's disease comes one million questions. Be prepared to answer them!

This Parkinson's Awareness Month, explore free resources from the [@Parkinson's Foundation](https://Parkinson.org) to help your patients Find Real Answers about Parkinson's disease: Parkinson.org/Professionals

- The [@Parkinson's Foundation's](https://Parkinson.org) online PD library is here to help you Find Real Answers about the Parkinson's topics that matter most to you! 📖

For Parkinson's Awareness Month, explore free e-books, podcast episodes, fact sheets, videos and more: Parkinson.org/PDLibrary

- Let's get real → Parkinson's disease is more than a movement disorder. Non-movement symptoms, like depression, speech changes, trouble sleeping, and loss of smell, are common and can be even more troublesome than movement symptoms.

Today for Parkinson's Awareness Month, Find Real Answers from the [@Parkinson's Foundation](#) about managing non-movement symptoms: [Parkinson.org/Symptoms](https://www.parkinson.org/Symptoms)

Join the Parkinson's National Day of Action on April 7

On Tuesday, April 7, Parkinson's disease (PD) organizations across the country will join in a National Day of Action to raise awareness of the policy changes that can improve research and care for people living with PD and call on policymakers to act. There will be multiple ways to engage, including posting on social media and sending messages to policymakers over email or through a quick phone call. Mark your calendar, and stay tuned for more resources! If you have any questions about the Parkinson's National Day of Action, please email Policy@Parkinson.org.

Download and Print the Quiz to Share with Support Groups or Senior Living Communities

The Parkinson's disease community is varied, and some people don't have access to the internet. The Parkinson's Foundation created their quiz in a downloadable PDF format that you can take to support groups or senior living communities so that everyone can participate in Parkinson's Awareness Month.

Download the quiz [here](#), and think of a few places that would make sense for you to bring it this April. Password to access the folder is PFPAMQuiz2026.

Send Photos of Your Parkinson's Awareness Month Events

We know you're all doing great work in your community sharing information during Parkinson's Awareness Month. We'd love to see photos from your events! Snap a few shots at events during April and email them to Grace Basler at gbasler@parkinson.org.

Communicate with the Communications Team

The Parkinson's Foundation is always looking for stories to feature in our e-newsletter, social media channels and blog. If you've come across a great tip, know of a member in your network with advice/a story to share or are hosting a great fundraiser to spread general PD awareness — we want to hear about it! Contact Grace Basler at gbasler@parkinson.org.