



PO Box 35091 Albuquerque NM 87176 [www.nmparkinson.org](http://www.nmparkinson.org) [coalition@nmparkinson.org](mailto:coalition@nmparkinson.org) 505.219.5065

### ***Mission***

*The New Mexico Parkinson's Coalition is committed to optimal wellbeing in the Parkinson's community through education, an active life style of physical, mental, and social activity, Parkinson's trained health professionals, and increased public awareness.*

## **Local Resources**

### **NM Parkinson's Coalition**

Parkinson's Information Line 505-219-5065

[www.nmparkinson.org](http://www.nmparkinson.org), [coalition@nmparkinson.org](mailto:coalition@nmparkinson.org)

Works to enhance the quality of life for persons living with Parkinson's through support groups, education, awareness. Provides information regarding local and national resources, including exercise classes, yoga classes, educational events and legislative action. Hosts an annual conference.

### **New Mexico Aging and Disability Resource Center**

1-800-432-2080

[www.nmaging.state.nm.us](http://www.nmaging.state.nm.us)

Assists with long term care options, homemaker assistance, home modifications, transportation, home-delivered meals, assisted living, long term care facilities, Medicare and Medicaid, prescription drug assistance, legal services, social security, veterans services, senior centers, respite care, community information & education.

### **Alzheimer's Association, New Mexico Chapter**

24/7 Helpline: 800-272-3900

(505) 266-4473, [www.alz.org/newmexico](http://www.alz.org/newmexico)

Provides support groups, care consultations and respite care financial assistance. Offers an educational program, The Savvy Caregiver, for caregivers and families of those with Alzheimer's.

### **Family Caregiver Resource Guide**

[ptpubco.com](http://ptpubco.com)

A 'yellow pages' directory for local caregiving services and resources. Updated yearly and distributed online and in print with editions for ABQ, Santa Fe and Las Cruces.

## National Resources

### **Parkinson's Foundation**

Helpline 800-473-4636  
parkinson.org, helpline@parkinson.org

Provides support, education and research information to people living with Parkinson's and their caregivers. Funds research on treatment, care and finding a cure.

### **American Parkinson's Disease Association**

800-223-2732  
www.apdaparkinson.org, apda@apdaparkinson.org

Provides patient services and educational programs, elevates public awareness, supports research to find a cure. Has local Chapters, Information and Referral Centers, a national Research Program and Centers for Advanced Research.

### **Michael J. Fox Foundation**

800-708-7644  
www.michaeljfox.org

Dedicated to finding a cure and ensuring the development of improved therapies for those living with Parkinson's. Offers live educational webinars on the third Thursday of every month, past webinars are archived on the website.

### **Davis Phinney Foundation**

855-744-6639  
www.davisphinneyfoundation.org, contact@dpf.org

Provides information, practical tools and inspiration to people living with Parkinson's. Funds research, offers free *Every Victory Counts Manual*, exercise videos and web videos. Hosts annual Victory Summit Conference.

### **Caregiver Action Network**

202-454-3970  
www.caregiveraction.org, info@caregiveraction.org

Provides education, peer support, and resources to family caregivers across the country free of charge, including Family Care Giver Toolbox, videos and self-care resources.

### **Aging Parents and Elder Care**

www.aging-parents-and-elder-care.com

Provides checklists, resources, educational materials to help people deal with the challenges of elder care.

## Legal Resources

### **Disability Rights New Mexico**

800-432-4682

<http://www.drnم.org>, [info@drnm.org](mailto:info@drnm.org)

A private, non-profit organization whose mission is to protect, promote and expand the rights of persons with disabilities. They are the designated protection and advocacy program for New Mexico, and have authority under federal law to pursue legal, administrative and other remedies on behalf of persons with disabilities.

### **Legal Resources for the Elderly**

1-800-876-6657

[www.nmbar.org](http://www.nmbar.org), click on "for Public"

A free, statewide helpline for New Mexico residents age 55 and older. LREP is a joint project of the New Mexico State Bar Foundation and the New Mexico Aging and Long-Term Services Department.

### **Senior Citizen's Law Office**

(505) 265-2300

<http://sclonm.org>

Provide a wide range of legal services to seniors age 60 and older in Bernalillo, Sandoval, Tarrant, and Valencia Counties. SCLO has Spanish-speaking staff and is committed to offering services in Spanish and other languages.