



UPBEAT & NEWLY DIAGNOSED

Early-Onset Parkinson's

People diagnosed with Parkinson's under the age of 60 are considered to have early-onset Parkinson's. While Parkinson's is often considered an older person's condition, approximately 10% of the population diagnosed with Parkinson's are under the age of 40. In rare instances, Parkinson's-like symptoms can appear in children and teenagers, this is called 'Juvenile Parkinsonism' and is viewed as a separate condition to Parkinson's.

Although most symptoms are the same at whatever age Parkinson's develops, the psychological, social, and medical management implications are very different for people with early-onset Parkinson's e.g. employment, and having young children.

For more information about early-onset Parkinson's, download the book [Anybody Any Age](#) (pdf) or read the on line version at www.parkinsons.org.nz

UPBEAT is a special interest group for people with early-onset Parkinson's, their whanau/families and friends.

What does UPBEAT do?

Upbeat exists to provide people with early-onset Parkinson's and their whanau and friends, a forum to communicate with other people and to share information, ideas and experiences.



Nationally Parkinson's New Zealand provides a newsletter, an Outward Bound course and an annual weekend conference. The newsletter is available on line at www.parkinsons.org.nz Upbeat page.

Our Northland Division has their own support group and they invite newly diagnosed members to join with them as well. This group meets every second month to have a lot of laughs and heaps of fun. Sometimes they go Ten Pin Bowling, play Petanque, Table Tennis, meet at the beach or whatever takes their fancies. Then there is always coffee or lunch to follow.

Please contact Vicki for further information. 09 459 7331

See photos on next page of some of their outings.



This one says it all. Lets get out there and enjoy life!!!!!!

Parkinson's is not a choice but happiness is.