



Dear Friend,

When my husband Bill was diagnosed with Parkinson's, it was a moment that changed everything.

As his primary carer, I had to quickly learn how to juggle the emotional, physical, and mental demands of Parkinson's. But what I didn't know was just how overwhelming it would become. Then, years later, when our daughter Dani was diagnosed, my heart broke again. As a mother, I understood all too well the difficult path she would now walk.

But one thing I've learned through this experience is the importance of reaching out. Parkinson's is a heavy journey, but it doesn't have to be carried alone. The support through Parkinson's NSW can be a lifeline, from connecting you with support groups to offering expert advice when you don't know where to turn. It is the support you need to get through the toughest times.

As a carer, it's easy to get lost in taking care of others and forget to care for yourself. But the truth is, you can't care for your loved one if you're not caring for yourself too. Parkinson's NSW provides a community that understands the struggles you face. They are there to support you, emotionally, physically, and mentally, every step of the way.

Don't wait. Reach out for help.  
You don't have to walk this journey alone.

Warm regards,  
Debbie

