

A whirlwind of thoughts may flash through your mind when you hear you have Parkinson's. It's normal to feel a range of emotions at the time of diagnosis. Some may not want to share this news with others right away. It is ok to give yourself time to digest the information individually and with your family before putting expectations on yourself to inform others.

Suggestions to assist in sharing information about a PD diagnosis:

- Research indicates that sharing the story of your diagnosis is important. Sharing the diagnosis with others is a personal decision that is different for everyone.
- Keeping the news to yourself can be stressful. There is often a sense of relief once the diagnosis is shared with others.
- Go at your own pace, sharing information with people who are most important to you.
- Knowledge is power! Learn about Parkinson's. Attend education classes to increase understanding. Invite family to attend with you.
- A family member or trusted friend may help give you support as you share the diagnosis beyond immediate family and close friends.
- Be prepared for curiosity from others. It's ok to give basic information and not share every detail regarding the diagnosis. You can help educate others about PD as you tell your story.
- In telling children or grandchildren, you may wish to wait until after your initial wave of emotions has passed. Avoid giving too much information and provide reassurance.
- Communicate in a way that is comfortable for you. You may choose to write a letter to friends and extended family instead of verbally communicating the news.
- Maintain connections to family and friends by continuing to participate in social and recreational activities.
- Writing in a journal may help you work through your feelings and emotions.

Involving Your Team:

A social worker or counselor can help you adjust to the diagnosis and provide resources.