

## Share Your Story to Raise PD Awareness

*Use the templates below as inspiration for writing your story then share on social media to unite and inspire those with Parkinson's around the world.*

### Person with movement disorder, option one

I am one of more than 10 million people worldwide living with [choose either: Parkinson's OR insert name of other movement disorder]. Currently, there is no cure.

The hardest part of living with [insert name of movement disorder] is [finish the sentence]. But I am resilient and I get through my hardest days by [insert what carries you through rough moments. It could be a song, a mantra, a person, a practice]. As the number of people living with movement disorders rises rapidly, people like me need support now more than ever.

Parkinson & Movement Disorder (PMD) Alliance [insert social media tag] has [insert what PMD Alliance has meant to you. I.e. "has been a lifeline for me" OR "has connected me with support groups and friends who remind me I'm not alone"]. They walk alongside everyone impacted by the disease, providing reliable resources, empowering education, understanding, and a compassionate community. This Parkinson's Awareness Month, you can make a difference for people like me across the world by giving to PMD Alliance today:

<https://www.pmdalliance.org/give/>. #pdstoriesunited #PDLooksLikeMe

*\*Be sure to include photos in your post to make it personal.*

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### Person with movement disorder, option two

The first thought that raced through my mind when I was diagnosed with [insert name of movement disorder] was, [insert thought].

Living with [insert name of movement disorder] [describe what it's like, i.e. "is physically and emotionally challenging" / "isolating" / "feels like a constant battle"]. I have gone through [insert experiences like: "5 hospital stays" / "months of physical therapy" / "loneliness" / etc]. Currently, there is no cure.

Parkinson & Movement Disorder (PMD) Alliance [insert social media tag] has been a lifeline for people like me. They walk alongside everyone impacted by the disease, providing reliable resources, empowering education, understanding, and a compassionate community. This Parkinson's Awareness Month, you can make a difference for people like me across the world by giving to PMD Alliance today: <https://www.pmdalliance.org/give/>. #pdstoriesunited #PDLooksLikeMe

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### Care Partner

[Insert either option: I am one of nearly 40 million care partners across the United States. / I am one of millions of care partners around the globe.] In [insert year], my [insert relationship: i.e. husband, child, mother], [insert loved one's name], was diagnosed with [insert type of movement disorder]. For me, raising awareness is personal.

Living with [insert type of movement disorder] [describe what it's like, i.e. "is physically and emotionally challenging" / "isolating" / "feels like a constant battle"]. My [insert relationship: i.e. husband, child, mother] has gone through [insert experiences like: "5 hospital stays" / "months of physical therapy" / "loneliness" / etc]. Currently, there is no cure.

The hardest part of being a care partner to [insert loved one's name] is [finish the sentence]. As the number of people living with movement disorders skyrockets, people like me and [insert loved one's name] need support now more than ever.

Parkinson & Movement Disorder (PMD) Alliance [insert social media tag] has been a lifeline for people like me and [insert loved one's name]. They walk alongside everyone impacted by the disease, providing reliable resources, empowering education, understanding, and a compassionate community. This Parkinson's Awareness Month, you can make a difference for families like ours across the world by giving to PMD Alliance today: <https://www.pmdalliance.org/give/>. #pdstoriesunited #PDLooksLikeMe

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## Loved one who has passed away with a movement disorder

My [insert relationship to loved one, i.e. dad, son, wife] passed away with [insert name of movement disorder] in [insert year]. Raising awareness is personal.

For my [insert relationship to loved one, i.e. dad, son, wife], living with Parkinson's [or insert other movement disorder] [describe what it was like, i.e. "was physically and emotionally challenging" / "isolating" / "felt like a constant battle"]. Currently, there is no cure.

My [insert relationship to loved one, i.e. dad, son, wife] was [describe their personality]. What I miss most about [him/her/them] is [finish the sentence].

This Parkinson's Awareness Month, you can make a difference for [insert either one: people like me / families like mine] all around the world by giving to Parkinson & Movement Disorder (PMD) Alliance [insert social media tag]. They walk alongside everyone impacted by the disease, providing reliable resources, empowering education, understanding, and a compassionate community. People with movement disorders shouldn't have to wait for a cure; they deserve to live well *today*. Donate now: <https://www.pmdalliance.org/give/>. #pdstoriesunited #PDLooksLikeMe

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## Medical Professionals

For [insert number of years], I have provided care for people living with Parkinson's disease and other movement disorders. Living with a movement disorder is [describe what it's like for patients]. Currently, there is no cure.

[Insert something personal, like, "I always knew I wanted to be a doctor, but I didn't know I wanted to specialize in movement disorders until... OR Everyday, my patients show me what it's like to persevere in the face of adversity"]. What I love most about my work is [finish the sentence].

There are not enough providers to meet the needs of the skyrocketing number of people living with the disease. Many patients have to travel hours, some even beyond their state borders, to access the quality care they deserve.

Parkinson & Movement Disorder (PMD) Alliance [insert social media tag] has been a lifeline for families impacted by movement disorders around the world. They walk alongside everyone impacted by the disease—including movement disorder specialists, neurologists, advanced practice providers, and speech therapists, providing reliable resources, empowering education, understanding, and a compassionate community. This Parkinson's Awareness Month, you can make a difference by donating to PMD Alliance: <https://www.pmdalliance.org/give/>.  
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#### Social Media Tags

**Instagram:** @pmdalliance

**Facebook:** Parkinson & Movement Disorder Alliance [link to page:  
<https://www.facebook.com/PMD.ALLIANCE/>]

**LinkedIn:** PMD Alliance [link to page:  
<https://www.linkedin.com/company/parkinson-&-movement-disorder-alliance/>]