



Speaker Ideas for Parkinson's Support Groups

Educational speakers can bring valuable insight, practical strategies, and fresh perspectives to Parkinson's support group meetings. While neurologists and therapists are common presenters, many other professionals and community members can offer meaningful information and inspiration for people living with Parkinson's and care partners.

This guide provides both traditional and more creative speaker ideas to help facilitators plan engaging educational meetings—especially in communities where access to Parkinson's specialists may be limited.

Traditional Parkinson's Healthcare Speakers

Neurologists or movement disorder specialists

Physical therapists specializing in neurological conditions

Occupational therapists

Speech-language pathologists

Social workers or counselors

Pharmacists familiar with Parkinson's medications

Nurse practitioners or physician assistants working in neurology clinics

Rehabilitation and Exercise Specialists

Parkinson's exercise program instructors

Rock Steady Boxing coaches

Dance for Parkinson's instructors

Adaptive fitness trainers

Urban Poling instructors

Tai Chi or Qigong instructors

Yoga therapists specializing in adaptive or chair yoga

Daily Living and Home Safety

Occupational therapists demonstrating adaptive tools

Home safety specialists

Fall prevention specialists

Adaptive equipment providers

Driving rehabilitation specialists

Professional organizers focused on accessibility

Nutrition and Wellness

Dietitians familiar with neurological conditions

Nutrition educators

Swallowing specialists (speech therapists)

Mindfulness or meditation instructors

Stress management specialists

Legal and Financial Planning

Elder law attorneys

Financial planners familiar with chronic illness planning

Long-term care planning specialists

Social Security disability advisors

Voice, Expression, and Communication

Choir directors from Parkinson's singing groups

Voice coaches

Speech therapists focused on expressive communication

Improv theater instructors

Outdoor and Nature-Based Wellness

Park rangers discussing accessible outdoor recreation

Adaptive outdoor recreation program leaders

Nature photographers

Birding or wildlife educators

Fishing or fly-fishing instructors with adaptive equipment

Creative Arts and Expression

Art therapists

Music therapists

Poetry or storytelling facilitators

Photography instructors

Technology and Innovation

Assistive technology specialists

Smart home technology demonstrations

Wearable health technology educators

Medication reminder apps and digital health tools

Lived Experience Speakers

A person living with Parkinson's sharing their journey

A care partner sharing their perspective

A community member who has adapted hobbies or work after diagnosis

A local athlete or community leader living with Parkinson's

WPA Educational Resources

When in-person speakers are unavailable, facilitators are encouraged to use WPA educational resources during meetings.

Parkinson's EmPower Talks: Insights from the Experts

Recorded interviews with professionals experienced in Parkinson's care. Each video page includes discussion questions developed by WPA that facilitators can use to guide group conversation.

Pearls for Parkinson's: Tips for Everyday Living

Short practical educational segments that provide everyday strategies for living well with Parkinson's. These can be watched or listened to together and used as a starting point for group discussion.

To explore these resources, visit: www.wiparkinson.org

Facilitator Tip

The most engaging speakers for support groups typically include practical demonstrations, interactive discussion, and real-life strategies that participants can apply in daily life. Alternating educational meetings with peer discussion and social connection meetings can help maintain both learning and community support within the group.

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