





**A world where no one
is limited by Parkinson's.**



About Parkinson Canada

At Parkinson Canada, people with Parkinson's are at the centre of everything we do. We empower the Parkinson's community through tailored programs, innovative research, and raising the voice of people living with Parkinson's in Canada. A national registered charity, Parkinson Canada fulfills its mission through the generosity of donors.

You can reach us using any of the options below for more information, to get involved or to support people affected by Parkinson's by making a donation:



parkinson.ca



info@parkinson.ca



1-800-565-3000



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Your 2025 impact

A message from our leadership

Thanks to your support, Parkinson Canada made bold strides in 2025. We launched a new strategic plan, Limitless, along with a refreshed vision, mission, and values. Our plan reflects the voices and needs of our community, who shared the gaps they face in accessing care, the stigma they encounter, and the isolation that too often accompanies life with Parkinson's.

Limitless serves as our roadmap to the year 2030, when nearly 150,000 people will be living with Parkinson's in Canada. Behind that number are families grappling with a fragmented care system, long waits for a diagnosis, and limited access to specialists. Too many people are losing their sense of joy and purpose, feeling disconnected and alone. Parkinson's symptoms can push people into the shadows—but at Parkinson Canada, we hope to inspire people affected by Parkinson's to embrace the wobbles, the wiggles, and the wonky moments. Because of your support, people affected by Parkinson's can stand in the light—connected, supported, and inspired.

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Empowering this community isn't possible alone; we must achieve it together—and your support makes that possible. Thank you for being part of the Parkinson Canada community and for standing with us as we work toward a world where no one is limited by Parkinson's.

**-Karen Lee, PhD
President and CEO,
Parkinson Canada**

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Karen Lee, PhD
President and CEO



Liz Loewen
Chair,
Parkinson
Advisory Council



Michael Rothe
Chair,
Parkinson Canada
Board of Directors

Your impact by the numbers

20,000+ people
learned and felt
connected through
our webinars



2,470 calls for
support answered

2,583 email
requests for support
answered

104 support groups
across Canada

530,000 people
visited parkinson.ca
to access information
and support

134 volunteer
support group
leaders



\$97,465 invested in
community
programs through
our CARE Fund

400+ volunteers
gave their time



56 research
grants funded



\$2,287,395
in research
funding awarded

\$16,333,971
raised in 2025

\$3,512,835
raised through
events



Limitless



A world where no one is limited by Parkinson's

Limitless, Parkinson Canada's new strategic plan, is a bold and unwavering roadmap that will support our community in reclaiming the narrative of living with Parkinson's. Moving forward purposefully, and alongside our community, partners, and experts, we will transform the lives of people affected by Parkinson's in Canada.



Our vision

A world where no one is limited by Parkinson's.



Our mission

To empower and inspire people living with Parkinson's and their care partners to thrive and live courageously.



Our values

- We integrate the perspectives of the Parkinson's community in everything we do.
- We courageously challenge conventional perceptions to foster transformative change.
- We collaborate to develop meaningful, supportive and resilient networks for the Parkinson's community.



Better together

We know we can't achieve our ambitious goals alone. And thanks to your support, we're piloting innovative models of care that will help close gaps across Canada.

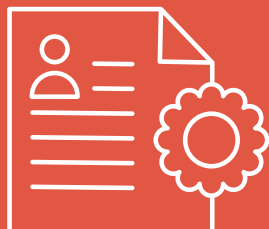
Parkinson Canada is building new kinds of support that can help people with Parkinson's no matter where they live in Canada. We're investing in research that will reshape the future of Parkinson's—and it's all thanks to you.

The plan was co-created with our community and partners through extensive consultations. By listening and learning about what the Parkinson's community truly needs, we established three strategic priorities:



Accelerate access to care

Breaking down barriers to ensure timely and equitable access to high-quality care for people living with Parkinson's in Canada.



Boost the profile of Parkinson's

Raising awareness, reducing stigma, and ensuring Parkinson's is recognized as a public health priority.



Cultivate partnerships

Building strong collaborations with community members, health care professionals, researchers, and policymakers to amplify impact.





Community engagement



With you through every step of your Parkinson's journey

Our programs and resources help people affected by Parkinson's stay connected, supported, and inspired.

Parkinson's IQ + You events connect and empower our community

Parkinson Canada brought our signature community event, Parkinson's IQ + You, to both Montreal and the Greater Toronto Area (GTA) in 2025. First launched in 2019, Parkinson's IQ + You is an event series established by The Michael J. Fox Foundation for Parkinson's Research. Parkinson Canada is the first partner host to sponsor its own Parkinson's IQ + You event outside of the U.S.

These events marked major milestones: Montreal was our first-ever bilingual Parkinson's IQ + You, and the GTA event was our largest event yet, welcoming more than 600 people.

Living with Parkinson's can feel isolating. Symptoms are unpredictable, and every person's experience is different. That's why we create this space for people to learn from experts—and, more important, from each other. Because where else can you look around a room and see hundreds of people affected by Parkinson's? We're deeply grateful to our sponsors—Roche, AbbVie, Rexall Care Network, and Right at Home Canada—whose support helped make these events such a success.



Tools and resources that fit your life

Parkinson Canada offers information in many ways: at events, online, in print, and through downloadable resources. When you're faced with the challenges Parkinson's can present, it's important to be able to access support in the way that suits you best. That's why we recently launched two new resources (available at www.parkinson.ca) to help you navigate life with Parkinson's:

Care partnering: Managing Parkinson's together

- This digital guide and worksheets can help you and the person you care for manage daily life with Parkinson's. Use it to spark meaningful conversations, strengthen your relationship, and engage more confidently with health care providers. With the right knowledge, tools, and support, care partnering can be a rewarding experience. We're grateful for the Rexall Care Network's support in developing this resource.

Your 10-week guide: Navigating a new Parkinson's medication

- This guide is for people with Parkinson's who are starting a new medication—and for their care partners and health care providers. Starting a new medication for Parkinson's can be a big adjustment. By offering tools for self-assessment, goal setting, and effective communication, this guide will help you form new habits, manage side effects, and get the most out of your medical appointments. We're grateful for AbbVie's support in developing this resource.

Connection and peer support

We often hear that following a diagnosis, people sometimes retreat from their community—worried about what others will think or how their new reality will impact their relationships. That's why it's so important to connect with people who are navigating Parkinson's too. Our support groups offer a safe place to feel seen and heard, and to learn from others about how to cope with the challenges Parkinson's can present. In 2025, we offered more than 100 support groups, both in-person and virtually. Thanks to the generous support of donors, we're able to provide these groups at no cost to our community.

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I was hesitant to join a support group; I just wasn't sure it was for me. From the moment I walked in, I felt welcomed and knew that I wasn't alone in this anymore. Over the last few years, I've created friendships with other people like me who understand what life with Parkinson's is like.

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CARE Fund bridges gaps

CARE Fund continues to support the unmet needs of people living with Parkinson's and their care partners through community grants ranging from \$5,000 to \$25,000. The fund supports local programs that strengthen physical and mental well-being, with a strong focus on advancing equity by reaching underserved, remote, and marginalized communities across Canada.

In 2025, CARE Fund supported 18 programs delivering vital services to people living with Parkinson's and their care partners. By bridging resource gaps, CARE Fund helps ensure that essential support is accessible to those who need it most.

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Thank you to Parkinson Canada for offering this grant. The classes and the friendships I developed have helped alleviate the loneliness and isolation I feel due to the progression of my Parkinson's symptoms.

-Participant, MoveBetter: Parkinson's fitness initiative

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The program is thriving in our community and supports not only participants and their care partners, but also provides an excellent learning opportunity for the kinesiology students involved. It is a service that's needed in our rural areas, where specialist services are hard to find. We were only able to establish this because of the CARE funding provided. We are grateful for the opportunity to begin building this program and work toward its sustainability in our community.

-Power over Parkinson's, CARE Fund grant recipient

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CARE Fund recipient, Dancing with Parkinson's, leads a new dance class for people with Parkinson's.

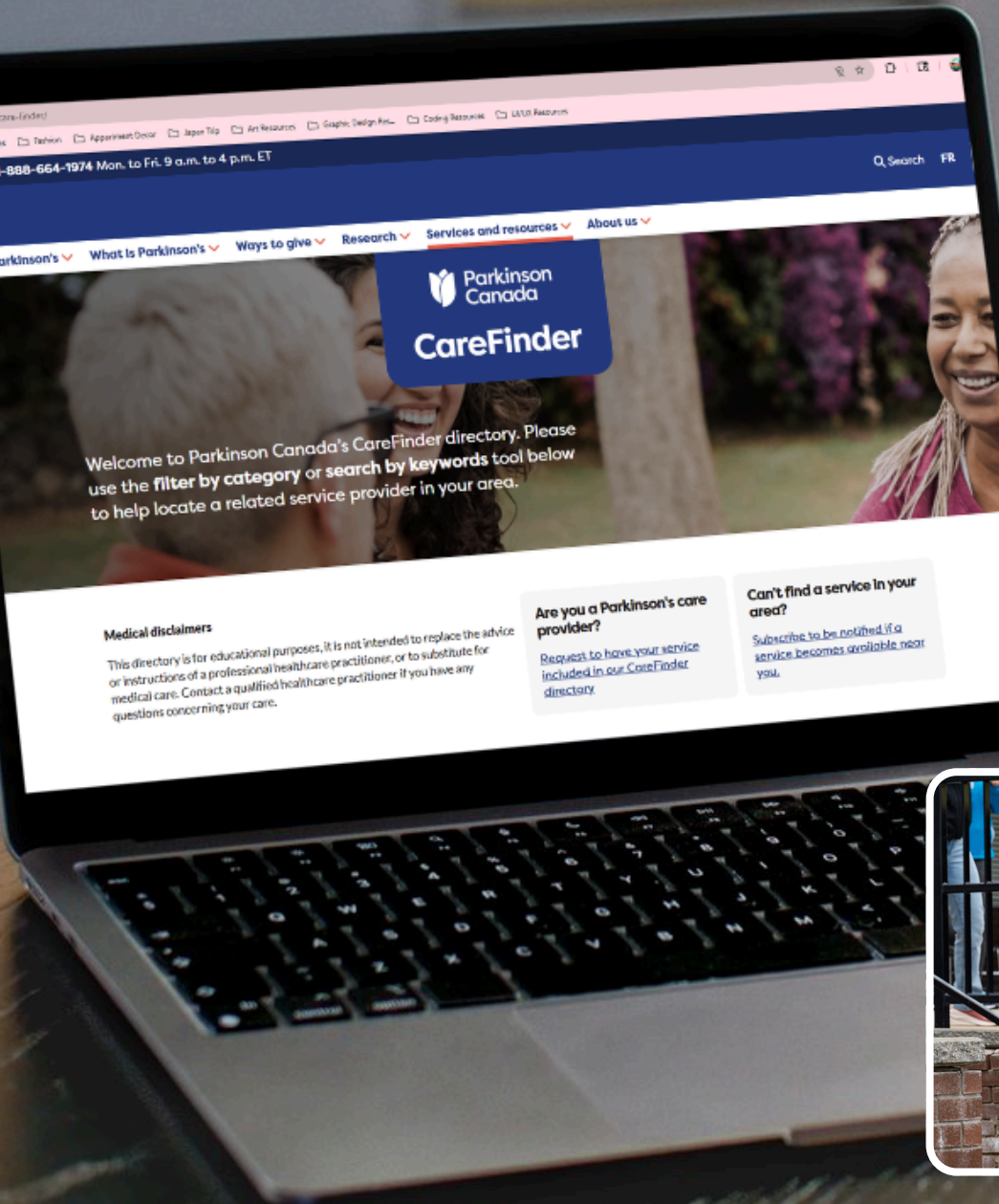
Parkinson's support close to home

Finding Parkinson's support in your community is easier than ever through Parkinson Canada's CareFinder—an online directory that provides tailored services based on location and individual needs.

In 2025, we increased CareFinder listings by 21%, expanding access to Parkinson's-informed services across Canada. We also launched email notifications to proactively alert people with Parkinson's when new services become available in their area, helping them stay connected to timely support.

We enhanced the user experience by making the directory more intuitive and personalized, including improvements to location filters, programs of interest, language, availability, and cost. A new location-based search feature now enables people with Parkinson's to find services within a chosen distance from where they are.

In 2025, CareFinder was generously sponsored by Iris Jacobson and Alan Levine, and Jeff and Robynne Potts.





Advocacy

Advocacy in action

Fighting for better care with and for you

In 2025, Parkinson Canada continued to work to improve access to care across the country by engaging with federal and provincial policymakers on the issues that matter most to the Parkinson's community. After many leadership changes across Canada, we built new relationships and strengthened existing ones to keep Parkinson's care, financial support, and access to medications top of mind for policymakers. Following the federal election in June, our team spoke with Ottawa policymakers about maintaining access to medications amid potential economic disruption.

At the provincial level, in Ontario, we engaged with MPPs during budget consultations to advocate for improved access to movement disorder specialists and neurologists. Nearly half of people living with Parkinson's in Canada receive care only from their family physician, without access to more specialized care. We continued this conversation with the Ontario Ministry of Health's policy team, exploring solutions to reduce wait times and enhance communication among patients, doctors, and specialists.

Our next ambitious goal is to create a National Action Plan for Parkinson's. Over the next year, we'll consult with people affected by Parkinson's, health care professionals, researchers, and all levels of government to create a holistic plan that enhances care across our country.

Our advocacy work is about ensuring that no one living with Parkinson's is overlooked. With your voice alongside ours, we'll continue pushing for policies that improve care, strengthen support systems, and create a more equitable future for the Parkinson's community.



From left to right, Karen Lee, President and CEO, Parkinson Canada; Harry Forestell, who lives with Parkinson's; and New Brunswick Minister of Health, Dr. John Dornan. Mr. Forestell shared his personal experience of living with Parkinson's in New Brunswick, and together, the group discussed ways to improve care in that province.



Research



Fueling Parkinson's research

Every day, donors and supporters make groundbreaking Parkinson's research possible. Thank you for believing in bold ideas that could help create a life without limits for people with Parkinson's.

Investing in Canadian Parkinson's research

Our research program puts people affected by Parkinson's at the centre of our funding. In 2025, with your support, we funded 56 projects totalling more than \$2.2 million.

"Every year, researchers with innovative ideas apply to the Parkinson Canada research funding program. Together with people with Parkinson's, care partners, and experts in the field, we determine which ones will have the most impact on our community today and offer the potential to change the course of Parkinson's in the future," says Ko Currie, Director, Research Programs and Partnerships.

Thanks to the generosity of Dr. Kanta Marwah, we established a new research innovation fund to support unmet needs for people living with Parkinson's. The Kanta Marwah Research Innovation Fund will move discoveries out of the lab and into the clinic to enhance care for people living with Parkinson's. We're so proud of the work we're doing with Dr. Marwah on this fund, helping continue her legacy of support for health research in Canada.

Our robust research funding program continues to grow through unique donor-funded initiatives, partnerships, and your support. The discoveries we make today hold the power to improve lives worldwide. Thank you for believing in Canadian Parkinson's research. Together, we're creating a future without limits for the Parkinson's community.

We asked researchers:

How has this funding helped to advance your work?

"This funding allows us to answer a question that comes up every day in clinical care: does this treatment actually help patients?" -Dr. Pooja Gandhi, New investigator award recipient

"As a junior principal investigator, launching a lab and building a research program takes not only passion and vision, but also critical funding to get things off the ground." -Dr. Shady Rahayel, New investigator award recipient

"This research grant is crucial for advancing our work and making new discoveries possible. The funding provides the resources we need to carry out the study." -Dr. Anthony Incognito, Pilot project grant recipient

"Simply put, this work would not proceed without their donation." -Dr. Phillip Millar, Pilot project grant recipient

Building momentum in Parkinson's research across Canada

Two recent gatherings—the SOLVE Parkinson's Conference in New Brunswick and the Southwest Ontario Parkinson's Research Day—demonstrated the growing momentum, collaboration, and community leadership driving Parkinson's research and care across Canada. The SOLVE Parkinson's Conference, held on October 20 in Fredericton, brought together people living with Parkinson's, their care partners, clinicians, researchers, and community advocates to explore how New Brunswick's strengths—such as strong community connections, local support groups, and specialized clinical programs like the MIND Clinic—can be leveraged to improve care and research. Participants discussed provincial barriers to accessing resources and highlighted opportunities to expand existing programs to better support the Parkinson's community.

Just one month later, on November 19 in London, Ontario, Parkinson Canada hosted the Southwest Ontario Parkinson's Research Day, which convened researchers, clinicians, trainees, community organizations, and people with lived experience for a full day of learning and collaboration.

The event underscored the region's growing leadership in Parkinson's research and the importance of patient-centred studies that incorporate the perspectives of people living with Parkinson's. Discussions also reinforced exercise as a powerful intervention while recognizing the need for expanded research into new approaches, along with better communication of research findings to the broader community. We're grateful for Parkinson Society Southwestern Ontario's partnership on this important event.

A key theme resonating throughout both conferences was the importance of open science, transparent data sharing, and building stronger connections among academic institutions, hospitals, advocacy groups, and community members to strengthen Canada's national Parkinson's ecosystem.

Both events were generously sponsored by BlueRock Therapeutics.



Progress in Parkinson's depends on connection—linking lived experience, research, and care.

Better together: Partnerships expand research opportunities across Canada

We recognize that to transform the research landscape, we're stronger when we work together. That's why Parkinson Canada partnered with like-minded organizations and donors who are also passionate about research innovation throughout 2025. Together, we pushed Parkinson's research forward. Through partnerships and unique funding opportunities, we were able to fund 56 research grants in 2025—more than double the previous year's total.

In 2025, Parkinson Canada and Brain Canada partnered to fund the Canadian Open Parkinson Network (C-OPN) Data Challenge. This grant opportunity was designed to accelerate Parkinson's research through innovative use of the C-OPN database. Researchers and clinicians from across Canada submitted proposals that analyzed C-OPN's de-identified participant data (featuring demographic information, epidemiological and clinical information, and neuroimaging data and genotyping data) to generate new insights into Parkinson's. Six researchers were successful in securing this first-of-its-kind grant. Challenges like this one help inspire unique ideas and attract new researchers to the Parkinson's field.

Inspired by Carlota Lee, founder of the SuperMom Walk/Run, Parkinson Canada also partnered with CurePSP, a leading nonprofit focused on progressive supranuclear palsy (PSP). Our collaboration aims to address gaps in awareness, education, and care for people living with PSP in Canada. Carlota's personal experience with PSP underscores the need for expanded research and care. We're grateful for her leadership and passion for both Parkinson's and PSP through her work with the SuperMom Walk/Run.



Research funding at a glance

**Funded
56
projects**

**More than
\$2.2M
in funding**

**\$399,949
Living
well with
Parkinson's**

**\$280,000
Disease-
modifying
therapies**

**\$495,000
Causes of
Parkinson's**

**\$100,000
Research
platform
grants**

**\$225,000
Clinical
fellowships**

**\$19,050
Career
development**

**\$350,000
Diagnosis &
risk factors**

**\$379,110
Symptomatic
treatments**

**\$15,000
Patient
engagement**



Community champions



Moments made possible through monthly giving

Since 2016, the Crate family in Ottawa has stood alongside Parkinson Canada with generosity and heart.

Inspired by a beloved father-in-law who was diagnosed with Parkinson's nearly a decade ago and has since passed, the Crate family's support reflects a deeply personal journey. A pragmatic man, he followed the advice of every specialist he met, staying physically active, mentally engaged, and disciplined with his medications. While his tremors and gradual decline were evident for several years, the cognitive effects of Parkinson's became more visible in his last two years.

In 2022, the Crates became monthly donors, known at Parkinson Canada as *Moment Makers*. Their ongoing support honours their father-in-law while helping other families facing Parkinson's feel supported and connected.

Today, their steady monthly support helps fund critical research, advocacy, and programs for people living with Parkinson's across Canada.



Honouring the life and legacy of Judy Hazlett

Judy Hazlett was an extraordinary woman whose generosity, resilience, and lifelong commitment to helping others left a lasting impact on everyone who knew her. Diagnosed with Parkinson's at just 29, she lived with the condition for more than 40 years, meeting every challenge with grace and determination. A passionate educator, Judy dedicated her life to teaching and advocacy—developing programs to help others better understand Parkinson's and sharing her knowledge with diverse audiences, including the Royal Canadian Mounted Police. Her dedication earned her the prestigious Queen's Award in Canada.

Beyond her professional contributions, Judy was known for her warmth, creativity, and zest for life. She was an avid dancer, believing deeply in the power of movement to heal and inspire. Judy shared 37 wonderful years with her husband, Roger Buxton, with whom she explored and photographed the Canadian North.



Judy's recent legacy gift to Parkinson Canada reflects the values she lived every day—compassion, advocacy, and hope for a better future for people with Parkinson's.

Her story is a powerful reminder of the difference one person can make.

Parkinson's became part of our family about ten years ago. Fortunately, so did Parkinson Canada. Through every stage, the organization has been there for us with trusted information, programs, and support. We remain deeply grateful. It's a privilege to give back and help sustain the research, outreach, and family support that make such a difference.

Superwalk-ing for Mom

In 2022, Christine Nikander began coordinating the Cornwall, Ontario SuperWalk in honour of her late mother, Penny. Her mom was diagnosed at the age of 42 and spent decades contributing to research—including undergoing Deep Brain Stimulation (DBS) and donating her brain to research after her passing.

Determined to continue her mom's legacy, Christine opened Penny's Cove, four renovated cottages in Lancaster, Ontario, funded through her mom's estate. A portion of each rental supports Parkinson Canada. Through the Cornwall SuperWalk and Penny's Cove, Christine raised more than \$17,000. She couldn't have done it without the support of her community and all those who knew and cared for her mom.



Fundraising at new heights

Pixel Heller was inspired to give to Parkinson Canada after visiting her grandfather in a Saskatchewan hospital. After returning to Toronto, she signed up to participate in Fundraising Your Way, a do-it-yourself approach to fundraising. She walked on stilts from the CN Tower to the Parkinson Canada offices, honouring her Caribbean heritage in the tradition of Moko Jumbie, protective figures. Through her initiative, Pixel raised more than \$1,600 and caught the eye of *The Toronto Star*, landing on the front page of the paper the next day.

Her grandfather, a carpenter throughout his life, inspired her to build her own stilts, making the experience a full-circle moment. For Pixel, the stilt walk was a way to uplift both her own culture and those affected by Parkinson's.

From grassroots to national impact

Carlota Lee founded the SuperMom Walk/Run in 2023. What began with family and friends in Vancouver has grown into a powerful community event that brings people together to raise awareness and vital funds for women in Canada affected by Parkinson's. Since 2023, the event has raised \$300,000 and continues to unite more than 350 participants each year. With Carlota's vision, the SuperMom Walk/Run has expanded beyond Vancouver to new locations in Toronto and Calgary.

Recently, Carlota learned she is living with Progressive Supranuclear Palsy (PSP). While this has brought new challenges with movement, balance, voice, and swallowing, her purpose remains the same. She continues to do what she loves and to use her voice to support women navigating Parkinson's as well as those living with PSP.



Carlota (centre, white jacket) at the walk with just some of her many supporters.



In honour of Rose

Iris Jacobson's connection to Parkinson's began in 2013 when her sister Rose was diagnosed during an already difficult year for their family.



Determined to better support her sister, Iris trained as a Parkinson Canada facilitator and co-led newly diagnosed support groups for more than three years. She saw firsthand how access to a movement disorder specialist and specialized care helped Rose regain stability and independence.

Today, Iris and her husband, Alan Levine, are the proud lead supporters of CareFinder, championing better access to tailored services for people living with Parkinson's across Canada. Iris is driven to raise awareness of the condition's full impact—beyond common stereotypes—so that families and individuals feel supported and understood.



United by Parkinson's and the open road

The Spinning Wheels Tour 2025 was a two-month, 6,000-kilometre cycling journey uniting three teams riding across Canada. The event aimed to raise awareness and critical funds in support of people living with Parkinson's across the country. Mike Loghrin, Lloyd Taylor, Jim Redmond, and Li Jiang (pictured, left to right) are four avid cyclists dedicated to the ride and the cause. In every community they visit, they stop to share their stories, spark conversation, and show the power of staying active. Thanks to the Spinning Wheels team, Parkinson Canada disbursed \$110,000 to nine community partners, helping to expand supports for the Parkinson's community.

Right at Home creates possibilities for Parkinson's community

Right at Home proudly supports Parkinson Canada through their shared commitment to improving the quality of life for people living with Parkinson's. Recognizing the challenges this progressive condition brings—from mobility and daily living to emotional well-being—Right at Home's sponsorship helps advance Parkinson Canada's programs, resources, and education to empower individuals and families across the country.

Their support highlights the importance of compassionate, knowledgeable care as part of the broader ecosystem of supports that enable people with Parkinson's to live with confidence and dignity.

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We are proud to support Parkinson Canada because it strengthens our ability to offer not just care but understanding and respect for people living with Parkinson's. Through specialized training and awareness, we can better appreciate the needs of individuals and families, helping them live with dignity, purpose, and peace of mind every day.

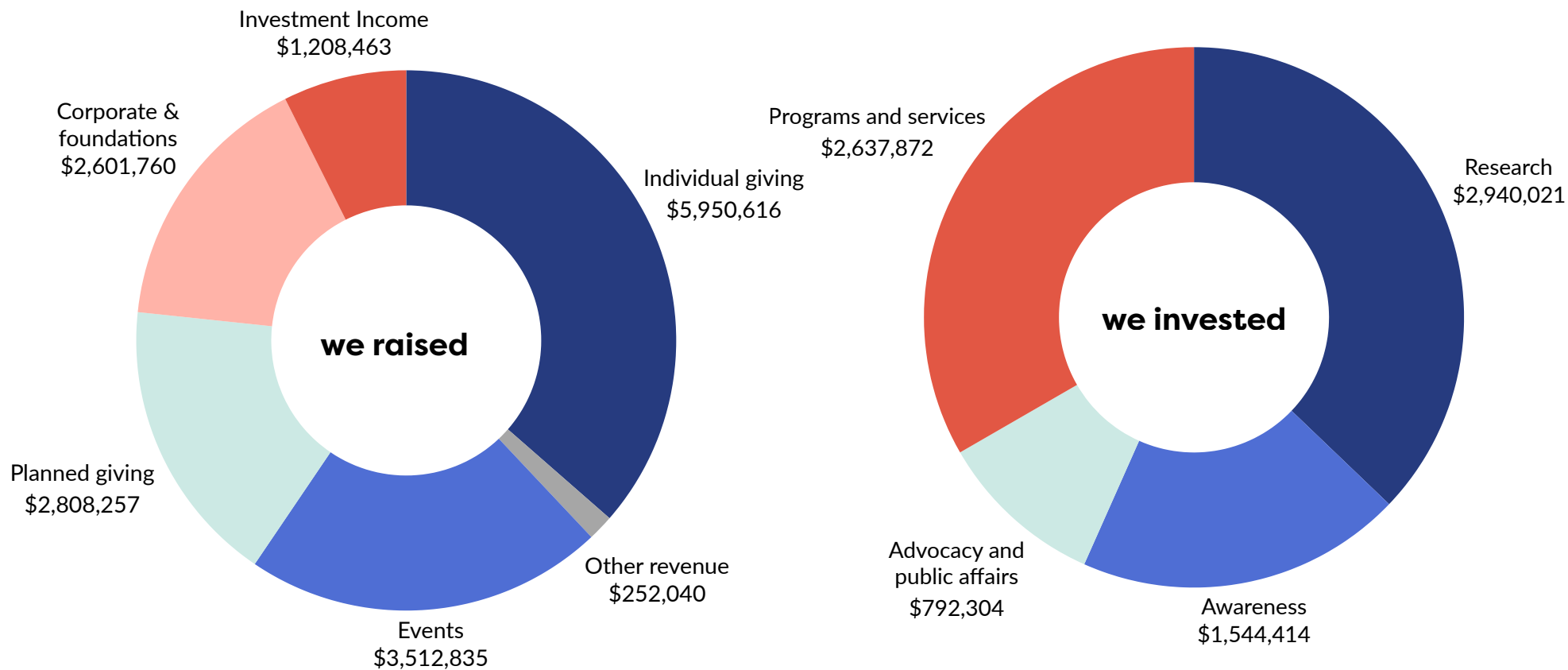
-Dani DePetrillo, Chief Operating Officer,
Right at Home

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Your generosity by the numbers

For a detailed Statement of Financial Position as of
December 31, 2025, please visit impact.parkinson.ca





The above represents a summary of how your generous contributions were spent during 2025. Completed audited financial statements for the year ended December 31, 2025 are available upon request and on our website. If you have any questions about how we fundraise, please contact us at 1-888-664-1973.



The teams shaping our vision

Parkinson Canada is grateful to have dedicated and passionate leadership and advisory teams.

- Our leadership team brings together experienced and compassionate professionals dedicated to advancing our mission, championing innovation, and fostering meaningful change.
- Our Board of Directors provides strategic oversight and governance to ensure our organization's impact and sustainability.
- Our Parkinson Advisory Council represents the voices of people living with Parkinson's and care partners to guide our programs and initiatives.

To learn more, please visit parkinson.ca

To read the full report, visit www.impact.parkinson.ca or scan the **QR Code** below.



Do you have questions about Parkinson's?

 Call: 1-888-664-1974

 E-mail: support@parkinson.ca

 Web: parkinson.ca

Would you like to make a donation or learn more about your impact?

 Call: 1-888-664-1973

 E-mail: donate@parkinson.ca

 Web: parkinson.ca/donate

 Mail: Parkinson Canada 4211 Yonge Street,
Suite 316, Toronto, ON M2P 2A9

Want to get in touch with us about something else?

 Call: 1-800-565-3000

 E-mail: info@parkinson.ca

Charitable registration number: 10809 1786 RR0001





**Parkinson
Canada**