

Parkinson's Disease Community Resources

Equipment Loaning and Funding

STL Health Equipment Lending Program (HELP)

(loaner equipment)

636-933-9393

<https://www.stlhelp.org/>

Show Me Loans (low interest funding for equipment)

800-647-8557

<https://at.mo.gov/show-me-loans/index.html>

Shop 'n Swap (low cost equipment marketplace)

800-647-8557

<https://at.mo.gov/recycle-reuse/swap-n-shop.html>

Caregiver Support

Aging Ahead (Respite, funding, resources)

636-207-0847

<https://www.agingmissouri.org/>

American Parkinson's disease Association (APDA) STL Chapter (Caregiver support groups and more)

636-778-3377

<https://www.apdaparkinson.org/community/st-louis/resources-support-stl/support-groups/>

Exercise Classes

American Parkinson's Disease Association (APDA) STL Chapter

636-778-3377

<https://www.apdaparkinson.org/community/st-louis/resources-support-stl/exercise-classes/>

Pilates For Life STL

314-897-0745

<https://pilates4lifestl.com/>

Barnes-Jewish (St. Peters) Chair Exercise

636-916-9650

<https://doctors.bjc.org/wlp2/classes/info/ANP000U0/Parkinson's-Exercise-Class---Chair-Exercise>

Rock Steady Boxing

(314) 640-6578

<https://rocksteadyboxing.org/find-a-class/>

HouseFit

314-339-7430

<https://www.housefitstl.com/>