

## JWM Neurology Patient Resources

**ALS**: ALS Association: ALSA.org; Indiana chapter; 888-508-3232; 317-915-9888

**Alzheimer's disease**: Alzheimer's Association: ALZ.org; Indiana chapter; 800-272-3900

**Epilepsy**: Epilepsy Foundation: epilepsy.com; Indiana chapter; (800) 526-6618; (317) 759-4502

**Essential Tremor**: International Essential Tremor Foundation: <https://www.essentialtremor.org/>

**Migraines**: National Headache Foundation: [headaches.org](http://headaches.org); American Headache Society: [americanheadachesociety.org](http://americanheadachesociety.org)

**Multiple Sclerosis**: National Multiple Sclerosis Society: [nationalmssociety.org](http://nationalmssociety.org); Indiana chapter: 317-870-2500

**Myasthenia Gravis**: Myasthenia Gravis Foundation of America; [myasthenia.org](http://myasthenia.org)

**Parkinson's disease**: Parkinson's Disease Foundation: [pdf.org](http://pdf.org); 800-4PD-INFO (473-4636); Indiana chapter: (317) 753-3823; Parkinson's Awareness Assoc of Central Indiana (PACCI): (317) 255-1993; Rock Steady Boxing: (888)-217-0577  
Indiana Parkinson Foundation and The Climb: [indianaparkinson.org](http://indianaparkinson.org); (317) 550-5648

**Stroke**: National Stroke Association: [stroke.org](http://stroke.org); American Heart Association: [heart.org](http://heart.org); Indiana chapter: (317) 732-4700; these 2 organizations often work together

**Sleep Disorders**: American Academy of Sleep Medicine: [aasm.org](http://aasm.org)

**Smoking Cessation**: Indiana Rural Health Association:

- <https://www.indianaruralhealth.org/indiana-tobacco-quitline>;
- <https://www.get-quit.com/>
- 1-800-quit now

**Resources & Services for Aging Adults**: CICOA  
Indiana: [cicoa.org](http://cicoa.org); (317) 254-5465, (800) 489-9550