



Leave a lasting legacy

A gift in your Will to Parkinson's New Zealand

Living Positively with Parkinson's
Kia noho ngākau pai koe ki te Mate Paiori



The Red Tulip (Te Turipi Whero) is the international symbol for Parkinson's.



We sincerely thank Gibson Sheat for their invaluable legal expertise and guidance in the preparation of this booklet.

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Leave a lasting legacy in your Will to Parkinson's New Zealand and become a beacon of hope that will benefit generations to come.

For over 40 years, Parkinson's New Zealand has been a pillar of support in our communities, offering home visits, support groups, and educational resources to people who have Parkinson's.

Your gift will ensure these vital services continue, providing invaluable care, trustworthy information, education, and support as well as a sense of belonging and community to those in need.

By including a gift in your Will to Parkinson's New Zealand, you can make a meaningful and lasting impact on the lives of those living with Parkinson's.

Your legacy will not only support individuals with Parkinson's but also benefit their care-partners, families, and health professionals, fostering a deeper understanding of this progressive condition.

As Parkinson's remains the fastest-growing neurological condition globally, the demand for support is ever-increasing. With 10,000 interactions in the past year, our Parkinson's Educators are a vital lifeline to families living with this incurable progressive condition.



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..... ”

They provide essential care, support, and information, while also connecting people with other healthcare professionals such as movement or speech therapists to address a wide variety of Parkinson's symptoms.

You'll also be helping to sustain a resilient community by ensuring essential resources are easily accessible, empowering individuals to live positively with and self-manage Parkinson's daily.

A gift in your Will means that when someone reaches out for help, our support will be there, helping families thrive despite the challenges this condition brings. It is a meaningful way to support a cause you care about and make a lasting impact in the lives of people living with Parkinson's.

On behalf of all New Zealanders who like me wake up every day with Parkinson's, thank you so much for considering leaving a legacy in your Will to Parkinson's New Zealand. With no cure in sight, a gift in your Will to Parkinson's New Zealand will be a beacon of hope that will benefit generations to come.

Ngā Mihi

Andrew Bell
Chief Executive

A handwritten signature in black ink, appearing to read 'A Bell', with a stylized, overlapping loop structure.

What is Parkinson's?

Parkinson's is a progressive neurological condition that affects individuals in unique ways. Common symptoms include slowness of movement, tremor, and stiffness, while lesser-known symptoms may involve pain, sleep issues, depression, anxiety, or apathy. Though there is no cure, treatment and information are available to help manage this life-changing condition.

What does Parkinson's New Zealand do?

Founded in 1983, we are the only national charitable trust caring specifically for people living with Parkinson's in Aotearoa New Zealand. We aim to improve care and enable people to live positively with Parkinson's by providing information, education, and support.

Connecting people with care, information, education, and support

The impact of our charitable service is profound with both people who have Parkinson's and their care-partners, experiencing improved wellbeing, a greater sense of belonging, and a better understanding of the condition.

“

I often feel more supported by my Parkinson's Educator than I do with my neurologist or GP. It's great having someone so accessible who focuses on my need.

.....”



A gift in your Will helps people receive the care they need to live positively with Parkinson's

Our services help families live with and navigate Parkinson's together.

We offer:

👉 Parkinson's Educators

One of our most appreciated services is the work of our highly trained Parkinson's Educators. Parkinson's Educators are health professionals who are a valuable resource of information and guidance for people with Parkinson's and their care-partners.

Our Parkinson's Educators are also valued for the expertise they can offer to healthcare professionals caring for people with Parkinson's.

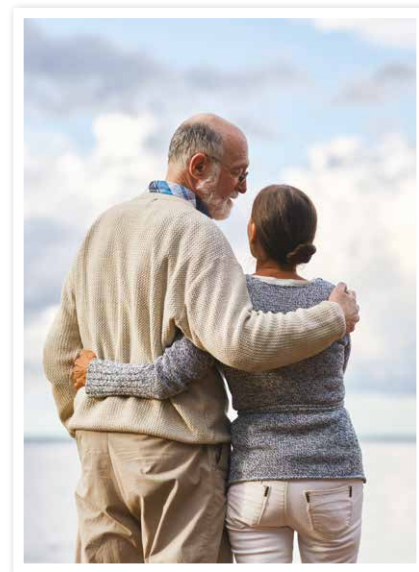
👉 Home visits

Our Parkinson's Educators visit people in the comfort of their own homes when they are new to our service for a full assessment and when the need arises.

“

The support available is amazing, and I feel there is help should I need it.

..... ”



Support groups

Facilitated by a Parkinson's Educator, our support groups are a safe place for people with Parkinson's and care-partners to gain insights, share experiences, and connect with others in similar situations.

Phone and video call support

Sometimes the quickest way to have any queries answered about Parkinson's symptoms is over the phone, via video call, or email. Our Parkinson's Educators are available to answer any queries throughout the year.

Resources

With four decades of charitable service, we know how important it is to have access to accurate and trustworthy information. Our resources enhance the support provided by our Parkinson's Educators.

These resources reach thousands of individuals, offering trustworthy information and insights on how to live with and manage Parkinson's.



We offer:



Online and face to face Support Groups



Parkinson's Educators



Parkinsonian magazine



Phone, video call, and email support



Home visits



Webinars



Referrals



Website

Our care helps people to:



Have a deeper understanding of Parkinson's



Manage the condition better



Have a positive change in medication management



Experience improved wellbeing



Have an increased sense of belonging



Have an increased sense of purpose



Experience increased self-esteem

Why it's important to have a Will and Enduring Powers of Attorney

A Will and Enduring Powers of Attorney are two of the most important legal documents you can have, no matter your age or stage of life.

Putting these documents in place isn't just about preparing for the future — it's about making things easier for the people you care about, and is peace of mind for you and your family.

A Will and EPA have two different functions. An EPA is for when you are living and ceases upon your death, whereas the executor named in your Will has responsibility for your estate after you have died.

What is a Will?

A Will is a legal document that sets out what you want to happen to your money, property, and personal belongings when you pass away.

It also lets you name people you trust to carry out your wishes (your executors) and can include special directions such as guardianship for your children or gifts to charities.



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If you die without a Will, New Zealand law decides how your estate is divided — which may not reflect your wishes.

..... ”

Why you need a Will

A Will ensures your wishes are followed. It helps avoid disputes or confusion among family. It can reduce delays and costs in the estate administration process. Planning ahead gives you peace of mind and helps protect your loved ones from stress or uncertainty.

If you die without a Will, New Zealand law decides how your estate is divided — which may not reflect your wishes.

A gift in your Will can help people feel more connected, have an increased sense of belonging, and a deeper understanding of Parkinson's.



What are Enduring Powers of Attorney (EPAs)?

EPAs let you appoint someone you trust to make decisions on your behalf if you become unable to make them yourself. EPAs are just as important as a Will — they protect you while you're still alive.

Why you need EPAs

EPAs provide clarity and reduce stress for your loved ones during challenging times. You stay in control by choosing who makes decisions for you and they help avoid the need for court-appointed decision-makers.

There are two EPAs

- 🔥 **Property EPA:** Covers decisions about your money, property, and assets. This can come into effect immediately upon signing, or only when the donor (the person giving the power) loses mental capacity.
- 🔥 **Personal Care and Welfare EPA:** Covers decisions about your health, well-being, and personal care. This only comes into effect when the donor (the person giving the power) loses mental capacity.

“

What is important to me is that I can get help and advice from Parkinson's New Zealand without any difficulty.

.....”



Why and when to use a lawyer

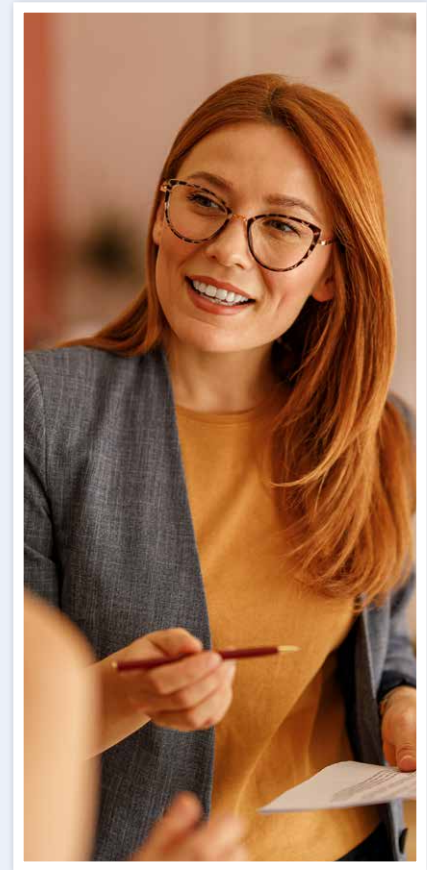
While it's possible to write your own Will or EPAs using templates, there are risks if things aren't done properly, which can result in extra stress and cost to your family.

A lawyer ensures your documents are valid, up-to-date, and legally sound and helps to make sure your Will and EPAs accurately reflect your wishes. They provide advice tailored to your family and financial situation, and ensure your documents are signed and witnessed correctly, which is vital.

A lawyer will also make sure you understand who could make a claim against your estate, and help you navigate complex situations, such as blended families, trusts, overseas assets, and making gifts to charities.

When to see a lawyer

Consider writing or updating your Will or EPAs after significant life events such as marriage, having children, or buying a home, or if you're appointed as an executor or attorney and need guidance. Review your Will regularly to ensure it still reflects your wishes. Remember, you can change or update your Will at any time.



Types of gifts you can leave

Whether you want to support a cause you care about or leave a legacy for future generations, your Will allows you to do this in a meaningful and personal way.

👉 Specific Gifts

These are individual items or property that you leave to a person, organisation, or charity.

Example: *"I give my engagement ring to my granddaughter Emily."*

👉 Monetary Gifts

Also known as a cash gift or legacy, this is a fixed sum of money.

Example: *"I give \$10,000 to Parkinson's New Zealand."*

👉 Residual Gifts

This is what's left of your estate after all debts, funeral costs, and specific gifts have been paid. You can leave all or a portion of the residue to someone or a charity.

Example: *"I give 50% of the residue of my estate to Parkinson's New Zealand."*

“

Without our educators' advice, support, further education through seminars, and exercise groups, etc., Parkinson's would be a lonely struggle.

.....”



Leaving a gift in your Will to Parkinson's New Zealand

You can leave any of these types of gifts to Parkinson's New Zealand. To help ensure your gift reaches the right place, it's best to include our charity's full legal name and registration number in your Will.

If you're considering leaving a gift to Parkinson's New Zealand, here is our suggested wording which you can give to your lawyer:

*"I give **[insert amount, item, or percentage of estate]** to Parkinson's New Zealand, registered charity number CC55231 for its general purposes.*

A receipt from an authorised officer of the charity will be sufficient discharge for my executors."



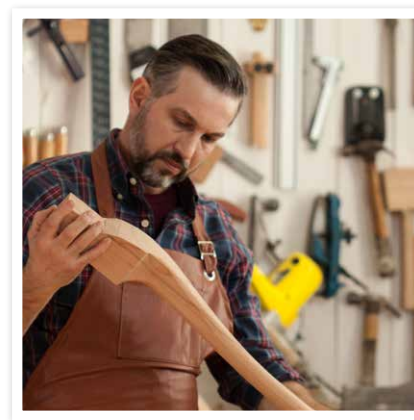
John's story

John found a lifeline in his Parkinson's Educator, who provided him with knowledge, community, and the tools he needed to live life with Parkinson's.

A skilled cabinet maker, John began noticing subtle changes in his daily routine. His plans took longer to draw, his handwriting shrank, and his right arm stopped swinging.

When John was diagnosed with Parkinson's, he reached out to Parkinson's New Zealand to help him live with the condition. One of our highly trained Parkinson's Educators visited him at home, offering invaluable support and guidance on how to self-manage his motor and non-motor symptoms.

John attends monthly support groups, where he is continually inspired by the wealth of information shared by his Parkinson's Educator. These support groups are not just informative; they offer a sense of community and belonging. John finds comfort in meeting others who share similar experiences, while gaining insights into living with Parkinson's. Inspired by his newfound knowledge, John began exercising to regain strength, improve mobility, and balance. John values the personalised support which he receives from his Parkinson's Educator whose expertise guides him through the many challenges of Parkinson's.



“

I wouldn't have any hesitation in ringing my Parkinson's Educator. She has a wealth of information.

If you didn't have that information, you'd be just going a bit blind.

.....”

With no cure in sight, a gift in your Will to Parkinson's New Zealand will be a beacon of hope that will benefit generations to come.

We would love to hear from you if you planning to leave a gift in your Will to Parkinson's New Zealand.

Our contact details are:

Email: info@parkinsons.org.nz

Phone: 0800 473 4636

Website: www.parkinsons.org.nz

Address: PO Box 11 067 Manners Street Wellington 6142





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www.parkinsons.org.nz