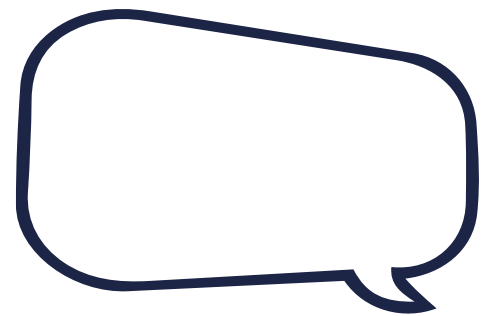


# Survey of people living with Parkinson's in Europe - results report 2026



**Online survey conducted with people living with Parkinson's experiencing motor fluctuations and treatment**

**Parkinson's Europe in partnership with Zambon**



# About the survey

This report presents the key findings of an online survey conducted in 2026 by Parkinson's Europe, in collaboration with Zambon.

It aimed to gather the perspectives of people living with Parkinson's, with the goal of understanding their experiences with the condition and its treatment – while raising awareness about the burden of Parkinson's and the challenges of living with it.

*Supported by and developed in partnership with Zambon*

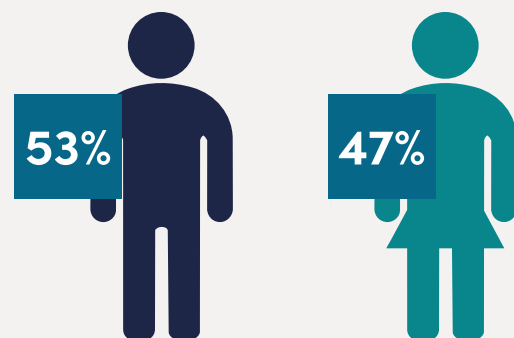
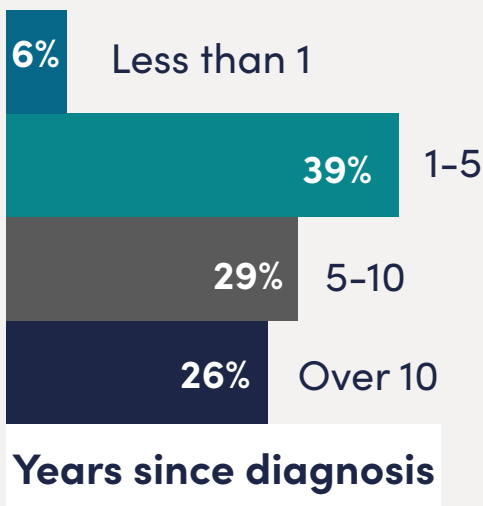
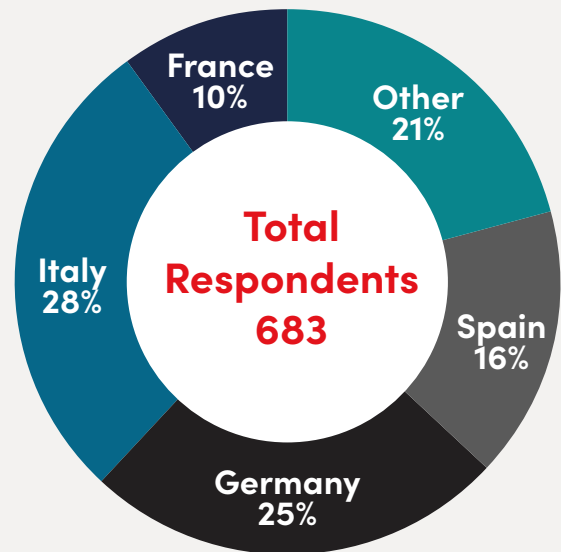


## About the respondents

Questionnaires were completed online by **683** people living in 18 European countries.

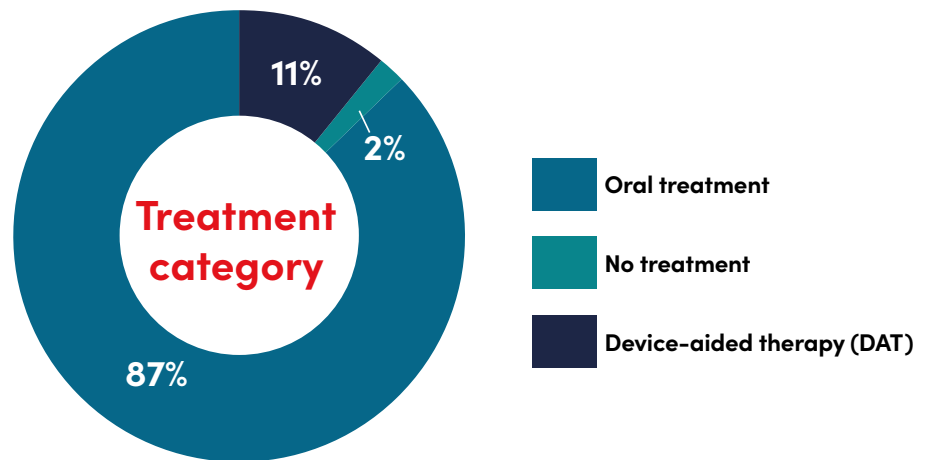
Most questionnaires (**72%**) were completed by the people with Parkinson's themselves.

Average age of respondents was **68 years**, and **9 out of 10** were age 55 or above.

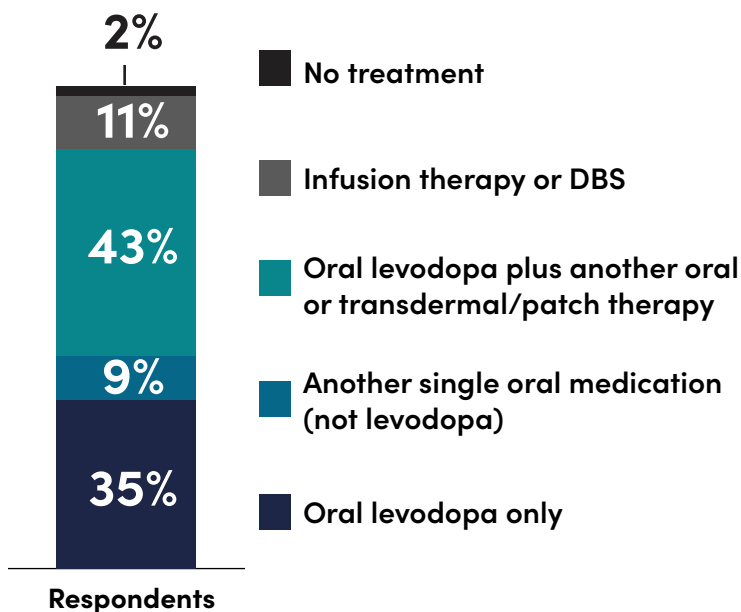


# About the current Parkinson's treatment

Most people were treated by a neurologist specialising in Parkinson's (68%) or a general neurologist (26%).



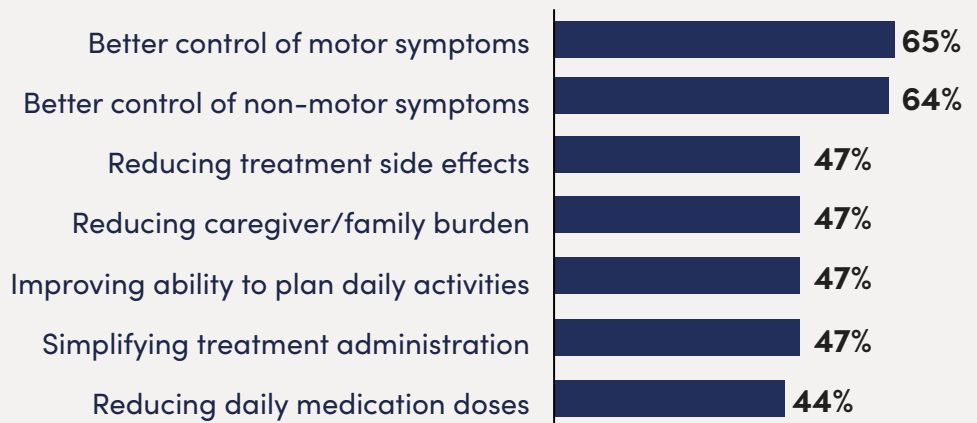
## Specific treatments that the respondents were receiving at survey time



More than **4 out of 10** people were taking 2 or more Parkinson's treatments at survey time.

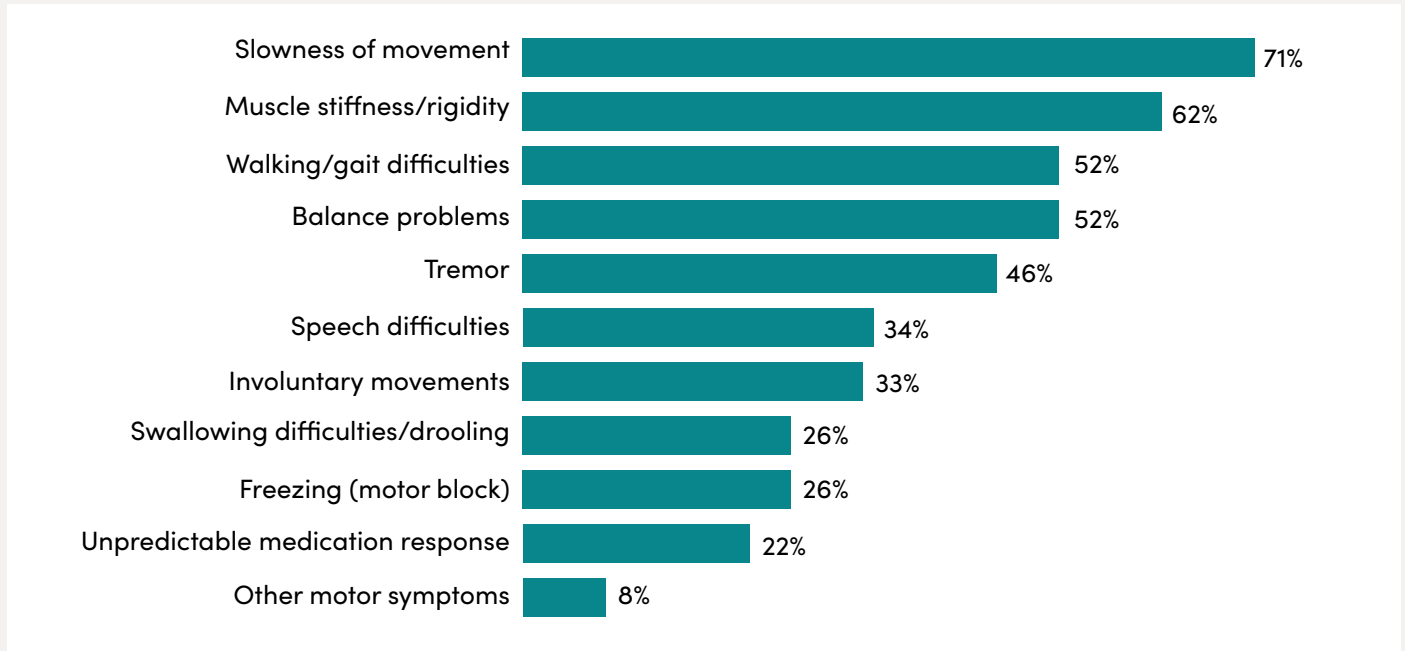


## What changes could improve current Parkinson's treatment



# Recent experience of symptoms

## Motor symptoms experienced over the last 4 weeks

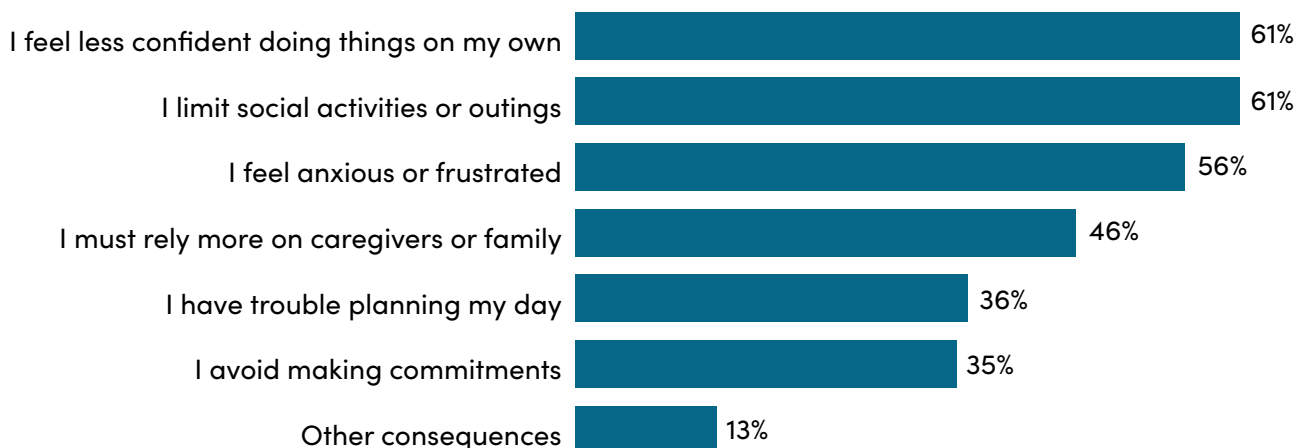


## Consequences of an unpredictable response to medication

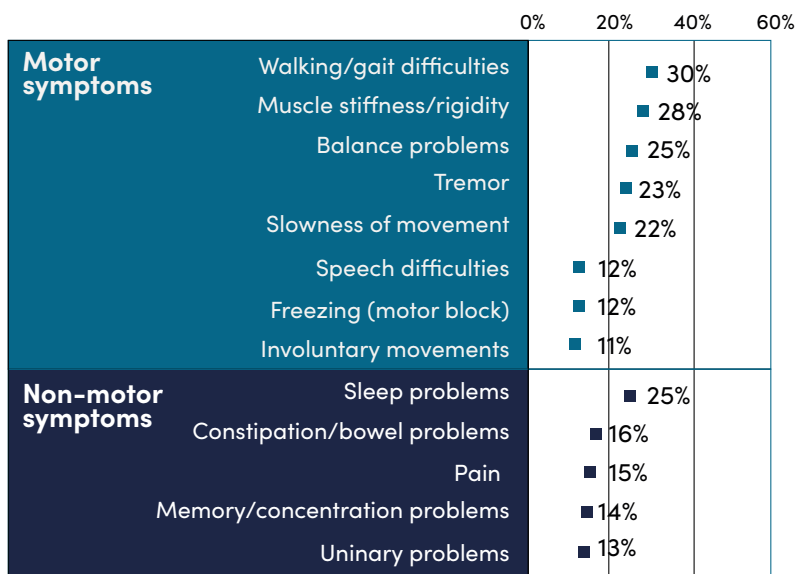
Among motor symptoms that people had experienced over the previous 4 weeks, 22% reported having unpredictable response to

Parkinson's medication or return of symptoms before the next medication dose.

### These people rated the most important consequences of these fluctuations in this way:



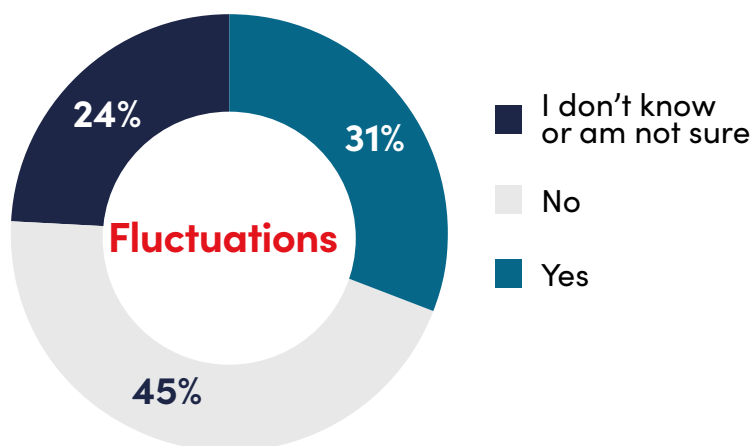
## The impact of symptoms on daily life



The most troublesome symptoms overall were:

- **Walking/gait difficulties**
  - **Muscle stiffness/rigidity**
  - **Balance**
- 
- **Sleep problems**

## Have you experienced motor fluctuations in the past few days?



About **one quarter of respondents** were not sure whether their symptoms constituted motor fluctuations.

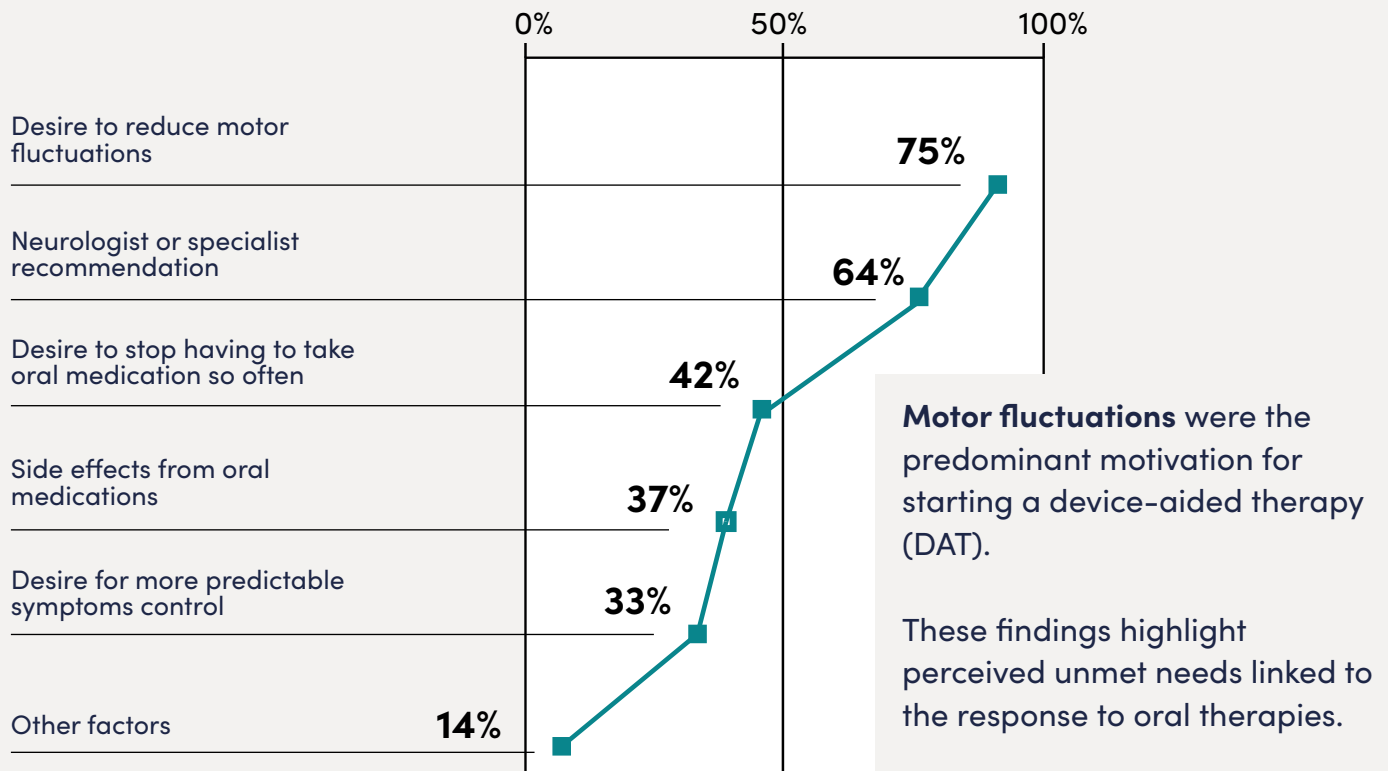
This points to the need for more education about motor fluctuations, and their relationship with treatment for Parkinson's.

If you do notice changes in how your symptoms respond to medication, or if your motor symptoms feel more variable than before, there are ways to better understand and manage these fluctuations.

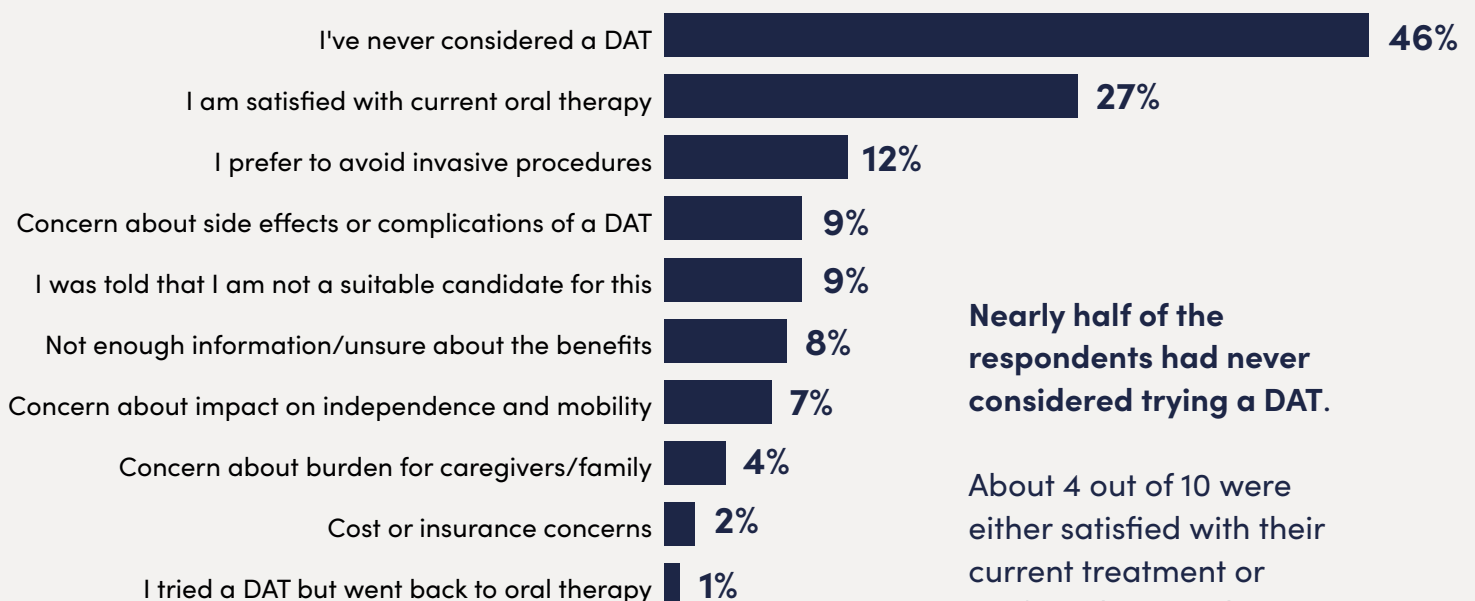
Gaining insight into your symptoms is an important step towards finding the right balance in your care.

# Treatment for Parkinson's

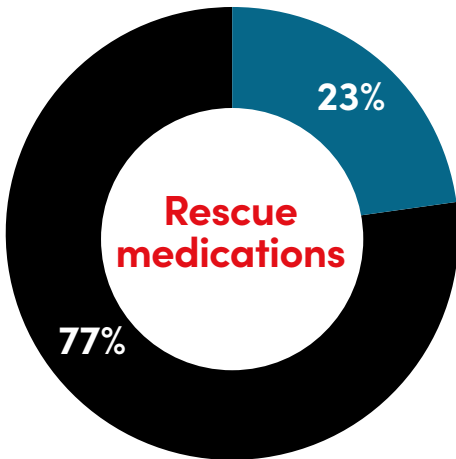
## Factors that influenced the decision to start a device-aided therapy (DAT)



## Returning to or continuing with oral therapy after considering a DAT



## Use of rescue medications



- No
- Yes

People receiving infusion therapy or DBS reported higher use of “**on demand**” or “**rescue**” medications when medication wore off and motor symptoms returned before the next regular medication dose

Another single oral Parkinson’s medication (not levodopa)



Oral levodopa only



Oral levodopa plus other oral or transdermal/patch therapies

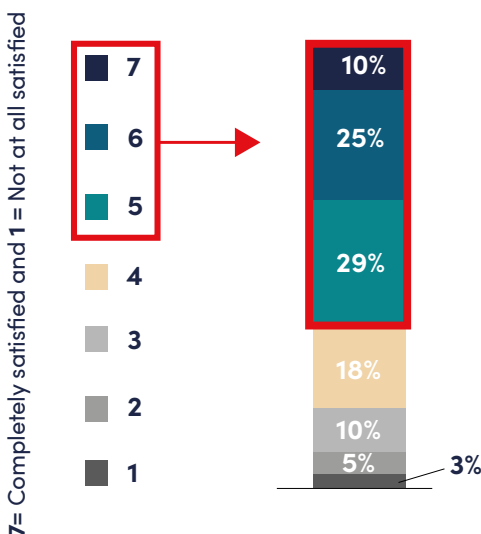


Infusion therapy (levodopa or apomorphine) + Deep Brain Stimulation (DBS)



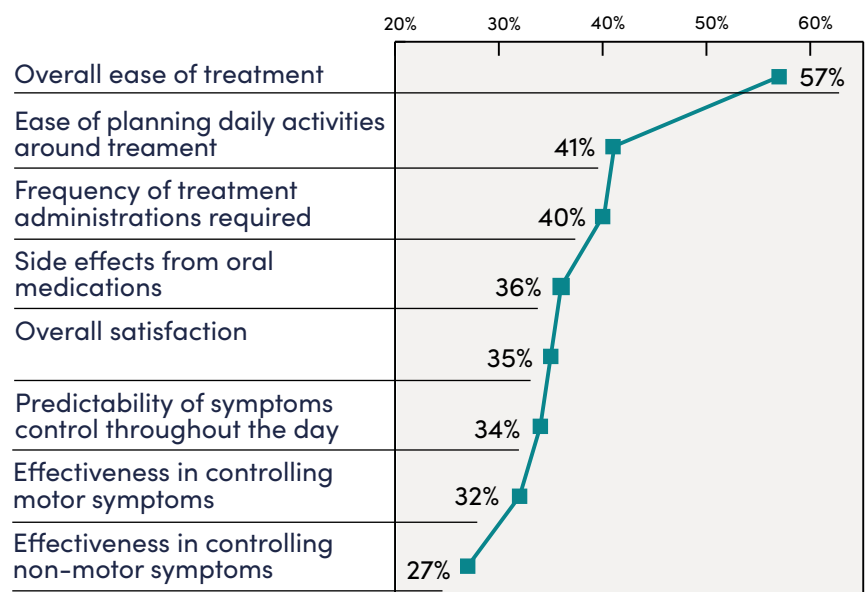
## Satisfaction with Parkinson’s treatment

### Overall satisfaction



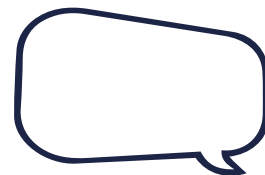
More than half of respondents were **satisfied** with their current medication.

### Satisfaction with treatment aspects



Parkinson's Europe is the only European Parkinson's umbrella organisation.

We work and campaign with people with Parkinson's, their caregivers, families and supporters across Europe to ensure their voices are heard and listened to. We do this by advocating for the Parkinson's community, raising awareness of Parkinson's and the needs of the Parkinson's community, and connecting and collaborating with other global Parkinson's organisations to provide the most up-to-date information and resources.



A special thank you to everyone who participated in this survey.



For inquiries, contact us at:

Email: [info@parkinsonseurope.org](mailto:info@parkinsonseurope.org)

Web: [www.parkinsonseurope.org](http://www.parkinsonseurope.org)

