



Corticobasal Degeneration *TOP RESOURCES*

Brain Support Network has reviewed most of the resources available on corticobasal degeneration (CBD) and corticobasal syndrome (CBS). In our opinion, these are the most helpful family resources.

PSP-MSA-CBD Caregiving Symposium

This 4.5-hour event features a Stanford movement disorder specialist on symptoms and treatment; a psychologist on the caregiver's journey; a social worker on caregiver stress. A highlight is the panel moderated by BSN's Candy Welch with PSP, MSA, and CBS caregivers, many of whom are Brain Support Network group members. (CBD is also known as CBS, corticobasal syndrome.) This webpage includes recordings, speaker slides, notes, resource list, and an MSA quiz.

> brainsupportnetwork.org/2025-0614-pspmsacbd-symposium

PSP/CBD Symposium

Speakers include movement, cognitive, and neuro-palliative specialists, physical and speech therapists, and a brain donation expert. A highlight is the panel with a woman with CBS, a man with PSP, an adult child caregiver, a spouse caregiver, and a former caregiver. June 2024 event co-hosted with Stanford. Includes recording links, speaker slides, notes from some of the talks

> brainsupportnetwork.org/2024-0629-pspcbd-symposium/

PSP/CBS Research Update

Adam Boxer, MD, PhD, spoke about the latest research into PSP and CBS/CBD, research on tau biomarkers and tau imaging, and gave an overview of research on the horizon for both PSP and CBS. Includes a link to the one-hour webinar and speaker slides from July 2024.

> brainsupportnetwork.org/pspcbs-boxer-webinar

CBS and CBD: Basics & What You Need to Know

Dr. Melissa Armstrong discusses CBS and CBD, how a diagnosis is made, common symptoms, expected progression, and treatment options. 92-minute webinar, March 2020, hosted by The AFTD.

> youtube.com/watch?v=fncGNT88YAw&

Your Personal Guide to PSP [and CBD]

The first section of this excellent 108-page introduction to PSP and CBD focuses on symptoms such as cognition/mood, mobility/falls, fatigue/sleep, pain, swallowing, vision, and bladder/bowel. Published February 2024 by The PSP Association (UK).

> pspassociation.org.uk/wp-content/uploads/2024/02/Personal-Guide-to-PSP-Updated-address.pdf

CBD: Some Answers

This 12-page document from CurePSP was last updated in 2023.

> [psp.org/assets/resources/items/65d6005cabcf92023-CBD-SOME-ANSWERS-BROCH_SDcompressed_4\(1\).pdf](https://psp.org/assets/resources/items/65d6005cabcf92023-CBD-SOME-ANSWERS-BROCH_SDcompressed_4(1).pdf)

Treating PSP, MSA, and CBD – What can be done?

Dr. Brent Bluett describes symptomatic treatments possible that can improve quality of life. His message is that each treatment may be minor, but in sum they can make a significant difference. Our February 2019 webinar, co-hosted with Stanford.

> brainsupportnetwork.org/treating-psp-msa-and-cbd-webinar-notes-recording-resources

Cognitive Changes in Movement Disorders CBS and PSP

Dr. Roy Lin provides an overview of CBS and PSP, and notes how they fit into the broader frontotemporal degeneration spectrum. From the May 2024 AFTD education conference.

> youtube.com/watch?v=2oRp4ypQNCs

Updates on PSP and CBD, a Tale of Two Cousins

Dr. Nicholas McFarland compares PSP and CBD, and discusses imaging biomarkers plus current and emerging treatments. October 2023 talk, hosted by CurePSP.

> youtube.com/watch?v=ocS6FLBseTY

Person-Centered Care for CBS and PSP: Understanding and Managing Symptoms, Providing Supportive Care

The speakers address symptoms, treatments, comparison to PD, and approaches to support patients and family caregivers. November 2022 webinar for healthcare professionals, hosted by The AFTD.

> youtube.com/watch?v=pTWxttVD8As

PSP/CBD Research Update and Practical Conference

Hear from a neurologist, a neuro-ophthalmologist, a social worker, a physical therapist, a speech therapist, someone with CBD, someone with PSP, and a caregiver. Plus, nine researchers provide updates. Our October 2017 conference, co-organized with UCSF.

> brainsupportnetwork.org/2017-1028-psp-and-cbd-conference

Assessing Cognitive Changes with PSP, CBD and MSA

Dr. Travis Turner describes cognitive changes that can occur in PSP, CBD and MSA, the neuropsychological evaluation process, and how testing informs the diagnosis, prognosis, and treatment planning. June 2023 webinar, hosted by CurePSP.

> youtube.com/watch?v=OLiEP-AAS2w

Brain Support Network's CBD Blog and Website

Our website offers more resources on CBD, the latest diagnostic criteria, and a short overview of the disorder.

> brainsupportnetwork.org/category/cbd

> brainsupportnetwork.org/education/corticobasal-degeneration

Guidebook

This 140-page resource on PSP (mostly), CBD, and MSA focuses on incontinence, constipation, dry eyes, and visual issues. Updated 2020, by CurePSP.

> psp.org/assets/resources/items/65d6012f381852020-GUIDEBOOK_web.pdf

Care Partner Guidebook

This 76-page booklet addresses advance healthcare planning (including a feeding tube), Social Security's Compassionate Allowances program, driving, hospice, keeping families strong, and the emotional aspects of caregiving. Updated 2020, by CurePSP.

> psp.org/assets/resources/items/65d6015de072b2020-CAREPARTNERS-GUIDEBOOK_web.pdf