



Top 10 Tips & Tricks for Living Well with Parkinson's Disease

(Based on our Journey with PD)

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10. LIMITED ENERGY

- The “Parkinson’s Fatigue”

TIP – Focus tasks for YOUR best time of the day

TIP – Create a routine that gives you a reason to get up & going every day

- NAPS – Yes BUT only 45-60 Minutes per Day

TIP – Do something after a nap – trains the body to use the energy gained during rest



9. **MANAGE & AVOID STRESS**

- **Stress & Anxiety levels can be Elevated with PD –
Can Worsen PD Symptoms**

TIP – Only share the important stuff

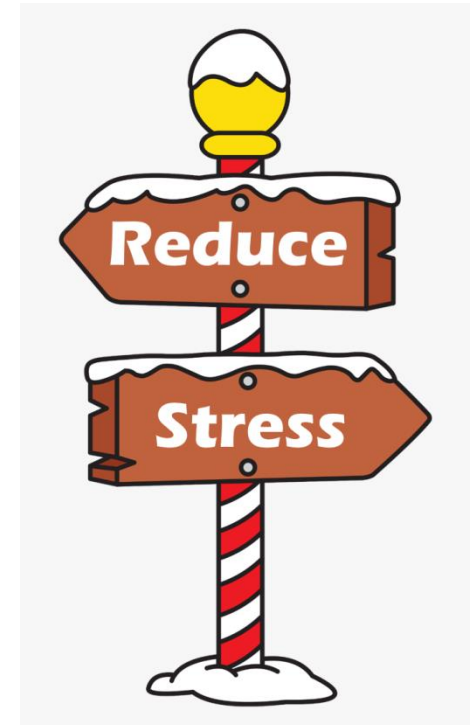
TIP – Avoid stressful situations & people

- **Trying to Multi-task can Cause Stress**

TIP – Single thread your day

- **Multi-tasking affects Memory Retention**

*TIP – Have full attention when relaying
something important to remember*



8. NUTRITION – Routine, Routine, Routine

- **Good Nutrition is important**
- **Create a Routine - Meals & Meds at the Same Time each Day**

TIP – Try to keep Carbidopa/Levodopa & Protein separated for better med absorption

- **Issues with Constipation**

TIP – Walk around after eating

- **Hydration is KEY – Helps Avoid Constipation**

TIP – 6-8 glasses of Water per day

7. **STAY SOCIAL**

- Just do it on a Schedule that Works for You

TIP – Educate your friends on YOUR good time of the day & meal times that work for you

TIP – Socialize with smaller groups & more intimate settings

- Apathy

TIP – Avoid asking open-ended questions



6. MEDICATION – KEY to PD Treatment

- Know What You're Taking & Why – BOTH OF YOU**
- Each Person's Med Cocktail is Unique**
- It will Change over Time**

TIP – Take Meds ON TIME

– don't wait because you feel good

TIP – Track your ON/OFF time prior to meeting with your Doctor



5. YOUR VOICE – Can't Communicate without It

- A Speech Pathologist is a **MUST** for your Team
- You have to Exercise it – PD can take it away
- Repeating uses up precious energy

***TIP – Figure out what works for you – lots of tools
& devices out there to help***

TIP – Be in the same room when talking

***TIP – Speak in short sentences
& With Purpose***



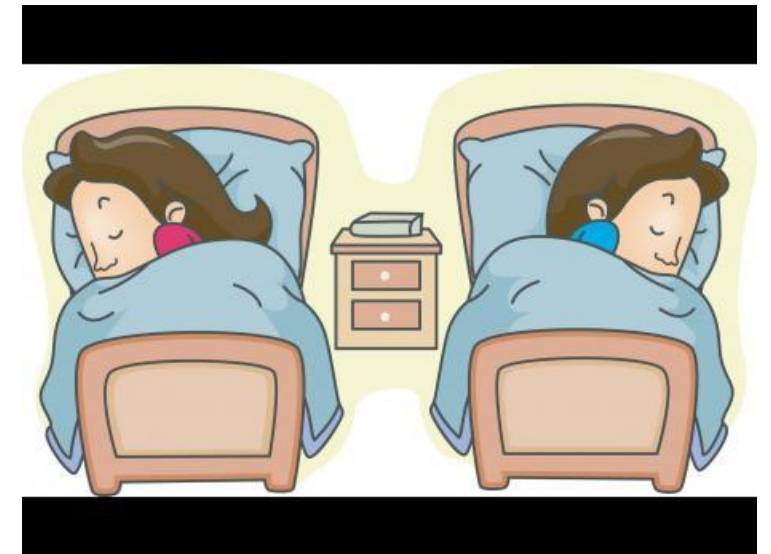
4. **SLEEP - It's VERY Important**

- **A Good Night's Sleep = A Good DAY!**
- **Set up a Good Sleep Environment**

TIP – Maybe separate beds (REM Sleep Disorder)

TIP – Wear Satin Pajamas & use a Satin bottom sheet

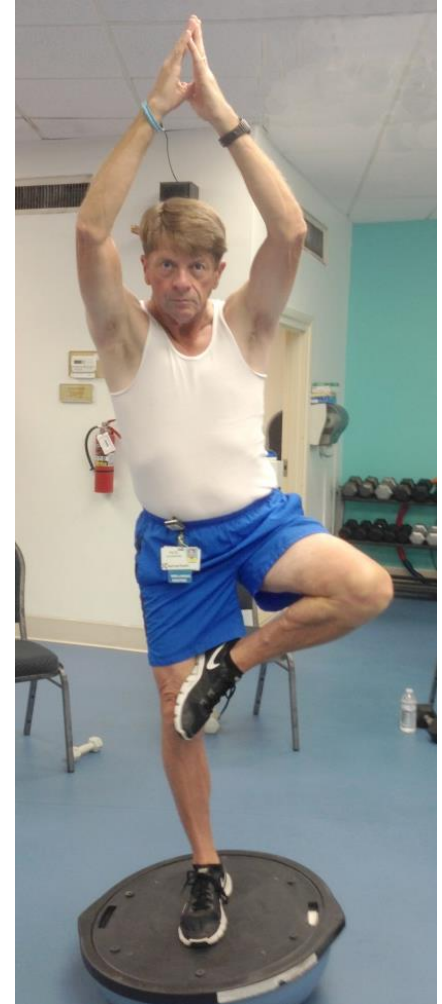
TIP – Get a Bed Rail/Guard



3. EXERCISE – It's the KEY to PD

- That means **BOTH OF YOU!**
- Improves Posture, Keeps You **MOBILE**
- Maintains Flexibility & a Positive Attitude
- Can Help Delay Progression
- No Side-effects!

***TIP – Make it a Commitment
you BOTH make***



2. **BE IN AGREEMENT ABOUT YOUR CARE**

- **Seek out the best!**
- **A Movement Disorder Specialist is a MUST**
- **Communication with your Doctor is KEY**

***TIP – Keep a pad of paper on the Kitchen Counter.
Write down a question or observation
when it happens***



And Our Number 1 is...

1. HUMOR – Laugh together

- A medication that works, is free & no side effects
- Helps the folks around you be more at ease with your disease
- We DO IT every day!



Rules to Live By:

- ✓ **Exercise**
- ✓ **Cognitive Exercise – Brain Games, Puzzles**
- ✓ **Socialization**
- ✓ **Sleep – 7-8 hours per night**
- ✓ **Brain Food – Mediterranean Diet (Nuts, Fish)**

Source: Dr. Ramon Rodriquez, MDS



You can
Live Well

with Parkinson's Disease

Life with PD is ever changing – just need to
make small adjustments along the way