

## **TIPS for Living Well with Parkinson's Disease** **From Pete & Kelly Gaylor**

### **Doctors:**

- Neurologist – See a Movement Disorder Specialist Neurologist
- **TIP:** *Pad of paper on the counter – write stuff down to talk to the doctor about or document an event whenever it comes up (don't wait until the night before your appointment)*

### **Medications:**

- **TIP:** *Talk to your Doctor about Keeping an extra dose on nightstand if you're waking up in the middle of the night*
- **TIP:** *Take Meds ON TIME – don't wait because you feel good*

### **Exercise:**

- **TIP:** *Posture – figure out what reminds you to stand up straight*

### **Physical Therapy / Occupational Therapy:**

- **OT TIP:** *Handwriting too small? – place your arm on the table when writing*
- **PT TIP:** *Posture – Shoulders UP, BACK, and DOWN – also puts the head up when walking.*

### **Voice:**

- **TIPS:**
  - *Speak in short sentences & WITH PURPOSE*
  - *Be in the same room when talking*
  - *Remember - Repeating takes more energy & can tire you out*
  - *Take advantage of the programs & tools out there (BIG/LOUD, Voice Exercise classes, devices, etc.)*

### **Sleep:**

- **TIP:** *Set up a good SLEEP environment*
  - *Use Satin PJs & Satin bottom sheet – Here's where we buy them:*
    - Pajamas:** (Polyester Satin material is least expensive and washes & wears well)
      - *Women (long sleeve/pants set & short sleeve/crop pants set): AMAZON*
      - *Men (long sleeve/pants set & short sleeve/shorts set): AMAZON*
    - Sheets:** Polyester Satin Sheet Sets are available on AMAZON (you can also search on "Easy Move Sheets" for a more expensive fitted sheet option)
  - *Get a Bed Rail/Guard –*
    - *Stander EZ Adjust and Pivoting Adult Home Bed Rail/Swing Down Assist Handle with Pouch – AMAZON (\$109) – this one swings down & out of the way*
    - *Able Life Home Bedside Safety Handle - Adjustable Bedside Rail + Elderly Standing Aid Support Handle & Pouch – AMAZON (\$49) – does not swing down*
- **TIP:** *Do something after a nap – train your body to use the energy you gained*

### **Nutrition:**

- **TIP:** *Protein & Carbidopa/Levodopa – Try to keep them separated for better absorption*
  - *Take meds 30 minutes before or 1 hour after eating protein*
- Stay hydrated – know the signs of dehydration
  - **TIP:** *6-8 glasses/day (1/2 your body weight in ounces/day)*

- Managing Constipation:
  - **TIP:** *Natural Recipe: 1 c Wheat Bran, ½ c Applesauce, ½ c Prune Juice (start with 1 tsp/day)*
  - **TIP:** *Cut down on fatty foods & raw vegetables & walk around after eating*

**Eyes & Sight:** there are many potential eye problems that can occur with PD

- Tired or Dry Eyes are the most common
  - **TIP:** *Try using artificial tears – non-preserved is better*
  - **TIP:** *Use the bridge of your nose to steady the eye drop bottles*

**TIP:** *Don't use no-line bifocals; use a separate pair of glasses for near and another for distance*

**TIP:** *Change to a Neuro-Ophthalmologist as your eye Doctor*

- A neuro-ophthalmologist is either a neurologist or ophthalmologist who has spent a year or more after normal residency to learn more about the eye and brain interactions

**Memory:**

- *Memory issues – multi-tasking affects memory retention*
  - **TIP:** *When relaying something important to remember, have PWP's complete attention*
- *Confabulation – can happen with PD – beware of what it is*
  - **TIP:** *Correct the 'memory' only when it's important to do so – less stress for the PWP.*

**How to Live Better with PD – Things to Remember**

- *Apathy – it's part of PD - Avoid open-ended questions*
- *Problems Multi-tasking – BE PATIENT - Single thread your day. Don't try to do 2 things at once*
- *Avoid Stressful situations – PWP stress level is much higher than the norm – Stress can worsen symptoms*
  - *Take advantage of non-conventional methods that can help manage stress (Massage, Meditation)*
- *You may have Limited Energy – focus tasks for your "good" part of the day*
- *Gait Issues & Freezing – remove area rugs & use visual cues*
- *Socialize – just do it on a schedule that works for you (educate your friends (i.e., eating at certain times, being in smaller groups & more intimate settings)*
- *Lack of facial response – "stone face" – be aware of it*

**Travel: DO IT – just need to plan more up front & set the right level of expectations**

- *Arrange for separate beds & pack the Satin PJs (& bottom sheet)*
- *Keep your meds with you at all times (in your carry-on luggage)*
- *Arrange for mobile assist where needed (less stress)*
- *Layovers/stops - schedule plenty of time*
- *Schedule extra time at front end of trip (to rest and recover)*
  - *Traveling is stressful – Be aware that stress causes worsening of symptoms.*
  - *Understand that "rallying" can use up energy. The next day might not be as good.*
  - *The longer the travel time, the longer the recovery time.*

**RULES TO LIVE BY:**

- \* Physical Exercise, \* Cognitive Exercise (brain games, puzzles), \* Socialization,
- \* Sleep (7-8 hours per night), \* Brain Food (Mediterranean Diet – Nuts, Fish)