

HOW TO MANAGE CAREPARTNER'S STRESS

Being a carepartner can be increasingly challenging as the disease progresses. Patient with Parkinson's may have more difficulty with memory, cognitive functioning, depression, anxiety and hallucinations as the disease progresses. It is very important for the carepartner to stay in good health. If the carepartner has any medical conditions, they should see their physicians regularly and be compliant with their treatment. If you are a carepartner, take a break for yourself periodically. No matter how dedicated you are, you will need some time to 'recharge your batteries'. Accept support and distribute some of the tasks to people who are willing to help. If you're feeling down find somebody you trust, talk about your feelings and ask for help.

HOW CAN I MAKE LIFE EASIER FOR ME?

There are many ways to get help out in your community:

Adult day care centers

Offer various activities in the daytime. The ongoing activities promote independence, social interaction, and provide support for patients.

Community care access Program

Provides personal support workers that can come to your home. Speech and physiotherapists, or a visiting nurse if needed.

Meals on wheels

Helps those who are unable to shop for their own food and cook by delivering nutritious and affordable meals to their home.

Short term rehabilitation program

A scheduled program for those who are working on restoring overall health over a specific period of time.



DID YOU KNOW?

The number of Parkinson's patients will double by 2031. Millions of Parkinson's patients around the world are suffering from poverty and...

- Cannot afford to buy their medications
- Cannot afford to purchase a cane, walker, or a wheelchair
- Cannot obtain educational literature about Parkinson's in their language
- Are not able to afford consulting a neurologist and remain undiagnosed and untreated

OUR UNIQUE SERVICES

World Parkinson's Program is the only organization which provides the following unique services to Parkinson's patients around the world:

- Parkinson's medications to those patients who can't afford to buy them
- Canes, walkers & wheelchairs to prevent falls
- Parkinson's educational brochures in many languages
- Free electronic educational newsletter
- Chapters of World Parkinson's Program in various parts of the world

JOIN THE FIGHT AGAINST PARKINSON'S TO DONATE, VISIT PDPROGRAM.ORG

This information is not a substitute of medical advice. Consult your Physician before applying this information.

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Frequently asked questions about PARKINSON'S DISEASE & CAREGIVING



ENGLISH -3



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"Those who fight Parkinson's with knowledge always find solutions"- Dr. Rana

Parkinson's disease is a progressive neurodegenerative condition characterized by tremors, slowness of movements, stiffness, and balance problems. In addition, Parkinson's has many non-motor symptoms such as memory or cognitive issues, speech and swallowing problems, depression, and sleep difficulties. It affects almost 10 million individuals around the world.

Since there is no cure for Parkinson's, patients require treatment and assistance with activities with their daily lives. Therefore, the role of carepartner is key in the treatment in Parkinson's. A carepartner can do many things that can make a patient's life easier.

However, being a carepartner to a patient with Parkinson's can be challenging and sometimes overwhelming. You have to change your lifestyle to accommodate the person who is in need of your help. As the disease progresses, the need of your help will increase as well.

WHAT DOES BEING A CAREPARTNER INVOLVE?

Supporting a patient with Parkinson's in their challenges of daily life needs encouragement and strength. The patient with Parkinson's needs your support in order to live as independent as possible. Even though there is no cure for Parkinson's, the symptoms can be managed effectively by proper treatment and caregiving in order for the patient with Parkinson's to lead a productive life.

WHAT ARE SOME THINGS I NEED TO DO INITIALLY?

In the early stages of Parkinson's your emotional support and encouragement may be all that is needed but as the disease progresses your physical support will be necessary as the patient with Parkinson's alters their activities to accommodate their condition.

UNDERSTANDING PATIENT'S LIMITATIONS

In spite of physical and emotional limitations of patients due to various symptoms of Parkinson's disease, it's crucial to keep them physically and cognitively active. Although carepartner should provide necessary support, but still encourage them stay as independent as possible. If the carepartner is the patient's spouse, they must understand that patients have sexual dysfunction as a symptom of this disease. The carepartner should have a frank discussion, reassure the patient of their understanding so that they don't feel frustration. In late stages of Parkinson's, sometimes patients may have paranoid thoughts towards their carepartner. The carepartner should understand that this is not intentional. They should explain to the patient gently and reassure them of their faithfulness from time to time.

WHAT SHOULD I WATCH FOR?

You should be wary of behavior that may indicate depression such as social withdrawal and anxiety. In such a case, you should be compassionate and supportive. Try more social activities with the patient with Parkinson's and ask for help if needed.

HOW CAN I HELP THEM IN PERSONAL CARE?

The carepartner can help the patient by:

- Encourage them to negate stigma they may feel
- Educate themselves and the patient about various aspects of Parkinson's
- Be vigilant about their mental health
- Engage them in social activities as much as possible
- Help prevent falls
- Let them speak for themselves as much as possible and intervene only when necessary
- If the patient has hallucinations, it is better not to argue with them as hallucinations may feel real to the patient. However, you should never endorse their hallucinations and may explain gently that they are not real.

SHOULD I BE HELPING WITH PATIENT'S MEDICATIONS?

Yes, the primary carepartner is very important in the daily intake of the patient's medication. You can help by keeping track of how effective the medication was, and if any side effects were caused by a certain medication.

Compliance may be an issue for some patients, sometimes the lack of improvement is due to the patient not taking the medications as instructed. The carepartner can make sure the patient takes the medications at a fixed time every day and does not forget to take any dosage.