

1 Engage with your Parkinson's



Understand it, study it. Research shows people who get involved and proactively face up to their condition have a better quality of life.

2 Be Self Aware

Monitor your own physical symptoms and try to identify any predicting factors and patterns of your illness. Try to replicate the things that you do on or before a good day.

3 Get to know the people who manage your health

Strike up a rapport with your doctor, neurologist, nurse, geriatrician and pharmacist. Some of them are quite nice!

4 Get a good balance of exercise, diet and sleep

These three things are just as important as our medication to our overall wellbeing.



5 Keep Hydrated

Parkinson's medication has a tendency to shrivel us up like sun-dried tomatoes and generally speaking, our medication is far more effective if taken with lots of water.



6 Communicate

Don't keep things bottled up. People with Parkinson's are like fizzy drinks, we lose our sparkle if left festering in the cupboard for too long. You will be amazed how people respond to an open and honest approach to your condition.

7 Empathise

See things from the point of view of those around you. You are not the only one affected by Parkinson's - in fact others around you may be affected by your Parkinson's even more than you are.

8 Avoid eating late

Try to have your main protein meal in the evening and eat easily digestible

foods. Also avoid too much protein during the day if you are taking L-dopa.



9 Concentrate on things you can do...

Your days of winning egg and spoon races may be over but don't torture yourself. There are endless possibilities to live a full and rewarding life with Parkinson's - you just need to find the things that fulfil you the most.

10 Don't let the visibility of your Parkinson's make you become invisible

It's easy to become introverted with Parkinson's. Never be ashamed of how you look.



10 TOP TIPS

for People with PARKINSON'S
by People with PARKINSON'S*



Parkinson's
Movement

an initiative of

The
Cure
Parkinson's
Trust

** 10 Top Tips adapted from a presentation at the World Parkinson Congress 2010 by Tom Isaacs, the late Co-founder of The Cure Parkinson's Trust (CPT) and Parkinson's Movement, CPT's patient focused initiative. Tom was diagnosed with Parkinson's at the age of 27 and used humour as one of the ways to cope with his condition.*

www.cureparkinsons.org.uk
www.parkinsonsmovement.com