

A Caregiver's Guide

Tips for Caring for Someone With Parkinson's Disease

Caring for a loved one with Parkinson's disease can be a challenging job, especially if it's a job you've never had before. Give yourself time to adjust to your new role and the responsibilities that come with being a caregiver of someone with Parkinson's disease.

Responsibilities of a Caregiver

Some of the responsibilities you might have as a caregiver include:

- Helping to maintain the quality of life for your loved one.
- Educating yourself on Parkinson's disease and its symptoms, treatments and more.
- Managing doctors' appointments, medication and treatments.
- Offering love and support to help your loved one adjust to their diagnosis.

Tips to Manage These Responsibilities

- **Get educated on Parkinson's disease.**
The more you understand Parkinson's disease, the better you will understand how symptoms, treatments, lifestyle changes and medications can affect your loved one.
- **Take care of yourself.**
While you're taking care of your loved one with Parkinson's disease, it's important to remember to take care of yourself, too. You can do this by building a support network, recognizing stressors and reaching out for help when you need it.
- **Encourage your loved one to participate.**
You can't do everything all at once. Often times, someone who can share the responsibility with you is your loved one with Parkinson's. Be sure to help them keep their independence by encouraging them to do as much as they can on their own.
- **Create a safe space for your loved one.**
Parkinson's disease often affects mobility and can cause an increased risk of falls. Making sure that your home is safe and free of any fall hazards are steps that you can take to help your loved one.
- **Maintain a good relationship.**
Remember the relationship you had before your loved one was diagnosed with Parkinson's disease. Though it may have changed, that relationship is still important, so don't forget to spend time together outside of your caretaker roles.
- **Ask for help when you need it.**
Utilize resources like caregiver support groups, online resources, government assistance programs and your own support group when you need help.



For more information on Parkinson's disease and how CorsoCare can support you, call us at 248-438-8535.