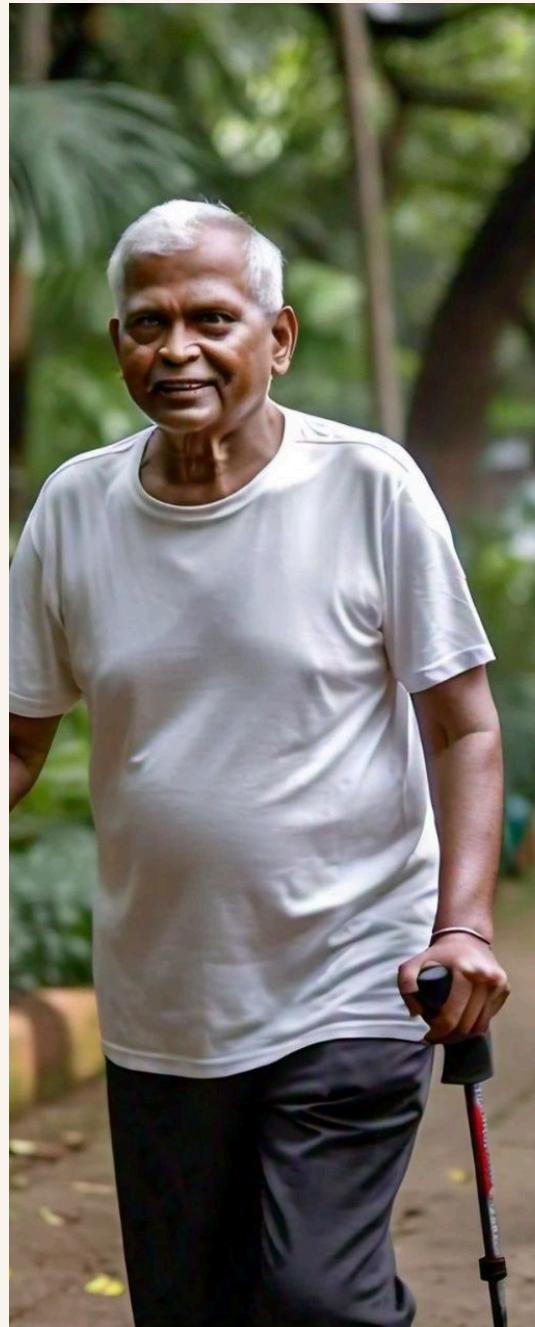


MANAGING DAILY ROUTINE:

- If there is difficulty in using a regular toothbrush because of stiff hands, consider using an electric toothbrush.
- Choose clothes that are easy to wear and comfortable. Encourage individuals to dress themselves as much as possible, starting with the most affected side and then the other side.
- While communicating with the patient, use familiar words and phrases, speak clearly and give them time to answer questions.



Consider seeking professional guidance from your doctor, dietitians, physical therapists, and other healthcare providers to customize these lifestyle interventions for your specific needs.



Prepared by
National Parkinson Network,
Movement Disorders Society
Of India



This material is for informational purposes only. It does not replace the advice of a doctor or health care professional.

LIFESTYLE INTERVENTIONS FOR INDIVIDUALS WITH PARKINSON'S DISEASE AND THEIR CAREGIVERS

MORE TIPS FOR BETTER HEALTH AND QUALITY OF LIFE...



This material is for informational purposes only. It does not replace the advice of a doctor or health care professional.



STRESS MANAGEMENT AND MENTAL HEALTH:

- Body-mind practices: Meditation, yoga, dancing, or tai chi can help manage stress and enhance mental well-being.
- Social engagement: Maintaining social connections and participating in community events can reduce stress and help improve mental health.
- Restricting alcohol consumption and refraining from tobacco use can help maintain better health.



HOME AND ENVIRONMENT MODIFICATIONS TO IMPROVE SAFETY AND MOBILITY:

- Ensure safety by securing or removing loose rugs and clutter that could cause trips and falls. The floors should be flat and obstacle-free. Consider using visual cues such as floor stripes to improve freezing of gait.
- To improve safety and prevent accidents, improve lighting throughout the home and install bright lights, specifically in hallways and bathrooms.
- Rearranging furniture creates open pathways, allowing easier movement. Use chairs that have sturdy armrests and proper height to assist with sitting and standing.
- Add bed rails to make getting in and out of bed easier, and use nightlights to light the way to the bathroom.
- Arrange the bathroom with amenities such as a shower chair, hand-held shower, handrails, and raised toilet seats.

