

TIP SHEET

Making Daily Life Easier



Even simple, routine tasks can become more challenging as Parkinson's disease progresses.

These changes can make home tasks easier to perform:

- » **Relocate frequently used items** in the kitchen, bedroom and bathroom to a place where they can be readily accessed by your loved one.
- » **Label drawers and cabinets** to easily identify contents.
- » **Get electric toothbrushes and shavers** to make hygiene tasks easier for your loved one to perform.
- » **Substitute Velcro closures for buttons** on shirt cuffs, waistbands and other clothing that is hard to fasten. Some shoes also use Velcro!
- » **Buy adaptive equipment** like covered cups, rocker knives, large-handled utensils and plate guards to make mealtime easier for your loved one.
- » **Seek a referral to an occupational therapist** for individualized evaluation and recommendations tailored to your loved one's needs and concerns.

Jerry has had Parkinson's for more than 18 years, and I'm still struggling with finding balance. I'm still trying to be very idealistic, and it doesn't always work. You just have to go with the flow, and you have to say to yourself, 'We're going to get through this, and we're going to go onto the next step, and we're going to meet every challenge that we have to meet.'

- CAROLYN, CARES FOR HUSBAND, GERALD



For other tip sheets and caregiver support information, order the NPF book Caring and Coping.