Caring for You

You may be involved in assisting the person with Parkinson’s with many activities of daily living and medical tasks, as well as maintaining a household; shopping and preparing meals; organizing records, papers and appointments; transporting your loved one to healthcare visits; keeping up with social and family relationships and many other tasks. At the same time, you may be working, raising children or grandchildren or coping with your own health or personal issues.

Research from the National Alliance for Caregiving shows the top four caregiver concerns:

1) Keeping your loved one safe
2) Managing your own stress
3) Finding activities to do with your loved one
4) Taking time for yourself

Research also reveals that when caregivers are asked what they want, the majority respond that they want information about coping with being a caregiver. This information takes several forms, including knowledge about the disease, comfort with the caregiving role and managing stress. The following tips can help you cope.

» Forgive yourself for not being perfect. Caring for someone with a chronic illness means your world has been turned upside down. Your daily routine will definitely change, and you will probably have to compromise some of your personal standards of housekeeping, meal preparation and other tasks. Accept your own humanity. Give yourself a pat on the back for doing the best you can.

WATCH THE VIDEO

Advice for Caregivers, from Caregivers

Online at Parkinson.org/videos in the “CareMAP Caregiver Stories” playlist
Being a caregiver is probably the most difficult job you’re ever going to have. The only way you can do it is to take care of yourself. You cannot say, ‘I don’t have time for me.’ The person you’re taking care of wants the best for you because you’re giving the best to them. Don’t be a martyr. It’s okay to take care of yourself.

– KAREN, CARED FOR FATHER, JOSEPH