General Information Regarding Thinking and Language

Some people with PD complain of occasional trouble thinking of words, losing their “train of thought”, being forgetful or having trouble doing many things at the same time. As we age, many people without PD also have the same complaints! There is validity in the old saying “use it or lose it”. Research has shown that mental and physical exercise can help maintain thinking, memory and language skills.

General Recommendations for Management of Memory

☐ There are 3 stages involved in remembering: getting the information into your brain, storing it, then retrieving it when you need it
☐ If you want to remember, you must pay attention
☐ Use any and all these memory strategies:
  o Repeat, visualize, associate and organize what you want to remember
  o Write things down - keep a “to-do” list and written schedule
  o Do one thing at a time

Special Recommendations for Management of Thinking and Language

☐ Talk to people every day – it is good exercise for listening, analyzing content and using your language skills
☐ Do crossword puzzles or other types of mentally stimulating games
☐ Play Scrabble, chess or other board games
☐ Read every day (reading out loud is good speech and voice practice)
☐ Teach yourself a new computer program or game
☐ Learn a foreign language
☐ Visit a museum or art gallery
☐ Make sure your diet is high in foods that contain antioxidants, like blueberries, strawberries, nuts and green tea
☐ Turn off the television and find a creative hobby

Involving Your Team:

Learn about new research being conducted. Ask your doctor if there is any current research in which you may be eligible. Ask the research team to explain how you can be part of a research study. When new drugs become available, ask your doctor about the results of the clinical trials. Be active in promoting research!