

Care To Talk?

AARP and the Parkinson's Foundation have joined together to offer 12 ways for family caregivers, who care for someone with Parkinson's, to spark conversations with each other

aarp.org/caregiver
parkinson.org



How to use these cards:

- 1.** Shuffle cards and place as one pile, face-down.
- 2.** Choose a person to go first. This person draws and reads a card.
- 3.** After reading the card aloud, place it face-up so everyone can see it. This is the discard pile.
- 4.** Each participant will answer each question. Follow-up questions are encouraged.
- 5.** The next person (sitting clock-wise if more than two) repeats the process. Go through all the questions in one sitting, or just a few at a time. It's up to you.

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How have you felt since your loved one was diagnosed?

What have you done to process the diagnosis?

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How has your life
changed since
your loved one was
diagnosed?

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What questions do you have about Parkinson's? Where do you go for answers?

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How does your loved one with Parkinson's show that they appreciate you?

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What concerns do you have about the future as your loved one's Parkinson's progresses?

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Where do you find
emotional support in
your life?

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What community resources do you utilize to manage you and your loved one's needs?

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How do you currently express the feelings and emotions that come with caring for a loved one?

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How do you stay connected to your loved one with Parkinson's? How do you stay true to your original relationship?

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How do you manage the work that needs to be done? What can friends and family do to help?

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How do you take care of yourself? How can you find more time for yourself?

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How do you and your loved one cope with stress? What do you do when you feel sad or anxious?