

# PARKINSON'S DISEASE FACT SHEET

## Impacts of the symptoms of Parkinson's Disease on Carers

- ❖ Dealing with caring for someone living with Parkinson's disease can be very difficult for carers.
- ❖ Carers talk about the variability and rapid changes in symptoms can occur on a daily or even hourly basis.
- ❖ The increased slowness can lead to carers having to fight the urge to help, one strategy around this may be to encourage the person living with Parkinson's Disease to do as much as possible for themselves, even if it takes longer.
- ❖ Accept that a person living with Parkinson's disease can only do one thing at a time.
- ❖ The person being cared for will have changes in sleeping which may disturb the carer at night.
- ❖ The person being cared for may experience gradual changes in mobility.

## Communication tips for carers and people living with P.D.

- ❖ Some people living with Parkinson's disease can develop difficulties speaking.
- ❖ Some carers try using non-verbal communication with the person that they care for, such as, gestures, a look, shrug or writing down messages for the person that they care for. It really all depends what communication method works best between you and the person you care for.
- ❖ If it is possible sit so you are facing the person with Parkinson's disease when you are talking to each other, so you can see their face.
- ❖ Consider suggesting that before the person that you are caring for speaks that they raise their head and clear their saliva.

# PARKINSON'S DISEASE FACT SHEET

- ❖ Try to only suggest or request that the person living with Parkinson's disease does this, instead of ordering them.
- ❖ Consider asking them shorter phrases or single words if they struggle to talk in full sentences, if possible don't speak loudly, unless you know they have hearing difficulties.
- ❖ Show you understood by nodding your head, saying understood, or rephrasing.

## Supports for people caring for someone living with Parkinson's disease

- ❖ Caring for someone living with Parkinson's disease can have an enormous impact on Carers. One option for support may be to join some support or social groups for Carers.

## Important Contacts

- |   |              |
|---|--------------|
| ❖ Parkinson's South Australia   | 8357 8909    |
| ❖ Carers S.A  | 1800 815 549 |
| ❖ Commonwealth Carer Resource Centre  | 1800 020 103 |
| ❖ <a href="http://www.parkinsonssa.org.au/">http://www.parkinsonssa.org.au/</a> |              |