

Doing these things can give you something else to consider in addition to your daily caregiver tasks. It can also help you meet new people and learn new ways to cope with difficult times.

WISDOM FROM SPIRITUAL AND RELIGIOUS TEXTS THAT CAN HELP REDUCE STRESS:

Many religious texts and books in India have ideas that can help us in troubled times:

1. Helping Others is Good:

Helping others without wanting anything back is a good thing to do. This can make you feel that your job as a helper is very important.

2. Being Calm:

You can learn ways to be calm and peaceful. This can help you deal with stress.

3. Accepting Things We Can't Change:

Accepting the hard things in life can often make us stronger. This can help when PD changes our lives in ways we can't control.

4. Being Kind to Yourself:

It's important to be kind to yourself, not just to others. This can help you when you feel low about yourself.

5. Finding Good Things in Hard Times:

Difficult times can help us grow and become better individuals. This can help you see the positives of being a caregiver.

6. We're All Connected:

All people are connected. This can help you remember that asking others for help is okay.

7. This too shall Pass!

Whatever troubles you face will pass, too, and they will not be permanent. Keep the faith and be resilient; good days will come again!

8. Looking to the Future

Taking care of someone with Parkinson's disease is a long journey. As time goes on, your role may change. Continue learning about the disease, consult with doctors regularly, and don't be afraid to change how you do things if needed.

Remember, you are not alone. Many individuals and resources can assist you on this journey. By prioritizing your own well-being, you will be better equipped to care for the person with Parkinson's disease, fostering a cycle of care and support.



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CARING FOR SOMEONE WITH PARKINSON'S DISEASE: SOME MORE TIPS



Being a caregiver for someone with Parkinson's disease (PD) can be challenging, but it can also make you feel good. Understanding why it's tough at times, utilising the available support, and taking care of yourself are essential as they can help you become a better caregiver and grow as an individual. Caring for someone with Parkinson's disease can often be harder than caring for individuals with other illnesses. This is due to the progressive nature of Parkinson's disease, making it difficult to anticipate what will happen next. This guide aims to support you on your caregiving journey.

SOME WAYS TO MAKE CAREGIVING EASIER

1. Learn More and Get Better at Helping

- Attend classes to learn about Parkinson's disease and how to be a good care partner.
- Ask a doctor to teach you how to lift the person safely.
- Learn about the medicines and what they do.

2. Take Care of Your Feelings

- Talk to a counsellor about your feelings.
- Try sitting quietly and thinking about good things each day.
- Write down things you're thankful for in a notebook.

3. Take Care of Your Body

- Go to the doctor for check-ups.
- Learn ways to relax your body when you feel stressed.
- Eat healthy food and try to exercise.

4. Get Help from Others

- Ask family and friends to help you sometimes.
- Find out if there are places that can take care of the person for a short time so you can rest.
- Join groups where you can talk to other caregivers.

5. Plan for Financial Needs

- Talk to someone who knows about money to help you plan for the future.
- Find out if the government or other groups can help pay for medicine or doctor visits.
- If you can, save some money for future care needs.

6. Make Your Home Safer

- Ask a healthcare professional (occupational therapist) how to make your home safer for the person with PD.
- Look for special tools that can help the person do things on their own.

7. Use Your Time Wisely

- Use your phone to remind you when it's time for medicine or doctor visits.
- Try to have a daily plan, but be ready to change it if necessary.

PEOPLE WHO CAN HELP YOU

- **Brain Doctor (Neurologist):** Helps manage symptoms of Parkinson's disease.
- **Mental Health Doctor:** Helps with feelings of sadness or worry.
- **Physical Therapist:** Teaches exercises to help with moving.
- **Occupational Therapist:** Helps make daily tasks easier.
- **Speech Therapist:** Helps with talking and swallowing problems.
- **Counsellors:** Help you talk about your feelings and find ways to feel better.
- **Support Groups:** Places where you can talk to other care partners.
- **Social Workers:** Help you find useful services in your area.
- **Charity Groups:** Might offer extra help or money for care.
- **Money Advisors:** Help you plan for future costs.
- **Lawyers:** Help with important papers for making decisions.

HELPING OTHERS WHILE HELPING YOURSELF

Doing things to help others with PD can make you feel better too. Here's how:

1. Help out with PD support groups:

- You can meet new people and learn more about PD.
- You can share what you know and help others. If there is none in your area, form one by communicating and encouraging others. [see point 3].

2. Tell people about PD:

- This can help people understand the disease better.
- It might make more people want to help you and other caregivers.

3. Start a group for helpers in your area:

- You can make new friends who understand what you're going through.
- You can share ideas on how to make helping easier.

4. Ask for better help from the government:

- This could lead to more help for you and the person you're caring for.
- It can make you feel good to make a difference.

5. Join research studies about PD:

- This helps doctors learn more about the disease.
- You might learn about new ways to help.

6. Share your story:

- This can help other people understand what it's like to be a helper.
- Talking about your experiences can make you feel better.