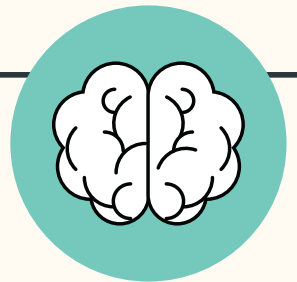


# MEMORY, THINKING PROBLEMS AND PARKINSON'S DISEASE



Mild memory and thinking problems can be a normal part of getting older but sometimes these symptoms are caused by Parkinson's disease (PD). You might feel forgetful, have problems concentrating or difficulty making decisions. This is often called 'mild cognitive impairment' and it doesn't mean you have dementia. You might have problems planning, multitasking, you might be less organised or get confused. This can make everyday tasks difficult and you might take more time to make decisions or answer questions. There are ways to help you manage these problems.

## AREAS OF MEMORY/THINKING AFFECTED



- **Attention:** difficulty with complex tasks or concentrating on things that require you to maintain attention
- **Speed of mental processing:** slow thinking, delayed response to a question or taking longer to remember something
- **Problem-solving:** trouble planning/completing activities, difficulty thinking about different ideas
- **Memory problems:** difficulty recalling the order of events in tasks like making tea or doing calculations
- **Language:** issues finding words, especially when stressed, difficulty understanding complex sentences or forgetting the name of objects
- **'Visuospatial' difficulties:** difficulty seeing things in low light or problems telling people apart



## WHAT CAUSES THESE ISSUES?

Some symptoms are caused by problems in the brain but other factors might also add to memory issues. Anxiety and depression can impact your ability to think and remember and can affect your concentration. Sleep problems can make you feel sleepy during the day which can affect your thinking and memory. Dehydration can also affect your concentration. Infections can also cause confusion. All these are treatable.

## TIPS TO MANAGE MEMORY PROBLEMS

- have a noticeboard or calendar at home to help with your memory and any tasks you need to do
- have a daily routine to help you focus and reduce stress
- try to do one thing at a time, not multiple things at once
- put all your important things (keys, wallet, glasses) in one place so you don't lose them
- ask people to speak loudly, slowly and clearly if you have trouble following conversations
- set a reminder to take medication
- keep a diary about your symptoms



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



Created by Natasha Fothergill-Misbah



# SHIDA ZA KUMBUKUMBU NA UGONJWA WA PARKINSON



Shida za kumbukumbu na ugumu wa kufikiria zinaweza kuwa dalili ya kawaida ya kuzeeka, lakini wakati mwingine dalili hizi husababishwa na ugonjwa wa parkinson (PD). Huenda ukaanza kufikiria kuwa umeanza kuwa msahaulifu, una shida ya umakinifu au ugumu wa kufanya maamuzi. Huenda ukawa na matatizo madogo ya ukumbufu lakini haimaanishi kuwa una demenshia. Unaweza ukakuwa na matatizo katika kujipanga, kufanya mambo mengi pamoja au ukaanza kuchanganyikiwa. Jambo hili linaweza likafanya kazi za kawaida zikawa ngumu na huenda ukachukua muda mrefu kufanya maamuzi au kujibu maswali. Kuna mbinu za kukusaidia kupunguza shida hizi.



## MAENEO YALIYOATHIRIKA

- **Umakinifu:** matatizo ya kumaliza kazi ngumu au ugumua wa kuzingatia mambo ambayo yanahitaji umakini wako
- **Upesi wa kufikiria:** kufikiria polepole, kusitasita kabla ya kujibu maswali au kuchukua muda mwingi kukumbuka kitu
- **Uwezo wa kutatua shida:** matatizo katika kujipanga au kumaliza kazi, matata kufikiria kuhusu mawazo tofauti
- **Shida ya usahaulifu:** matatizo katika kukumbuka utaratibu wa kufanya mambo kama kupika au kufanya hesabu
- **Lugha:** ushindwa kupata maneno, haswa wakati una wasiwasi, kushindwa kuelewa sentensi ngumu au kusahau majina ya vitu
- **Matatizo ya 'visuospatial':** kutoonavizuri katika mwangazo mdogo or kushindwa kutofautisha watu

# NINI HUSABABISHA SHIDA HIZI?

Kuna dalili zingine zinazotokana na shida za ubongo lakini kuna mambo mengine ambayo yanaweza kuongeza shida za usahaulifu. Wasiwasi na huzuni mwingi huadhiri uwezo wako wa kufikiria, kukumbuka na umakinifu. Uwezo huu pia huadhiriwa na matatizo ya kulala na kufanya mtu asikie usingizi wakati wa mchana. Upungufu wa maji mwilini pia huadhiri umakinifu na magonjwa ya kuambukizwa yanaweza yakafanya uchanganyikiwe. Shida hizi zote zina matibabu.



## VIDOKEZO VYA KUPUNGUZA SHIDA YA USAHAULIFU

- kuwa na ubao au kalenda nyumbani yenye ratiba yako ya kukusaidia kukumbuka
- kuwa na utaratibu wa kukusaidia kuongeza umakinifu na kupunguza wasiwasi
- aribu kufanya jambo moja kabla ya jambo jingine, usifanye yote pamoja
- weka vitu vyako vyote muhimu pamoja ili usivipoteze (funguo, miwani na mkoba)
- ambia watu waongee kwa sauti ya juu, polepole na kwa uwazi kama unatatizika kufuata mazungumzo
- weka kumbukumbu ya kukunywa dawa
- weka shajara ya dalili zako



Jiunge na kikundi cha msaada kilicho karibu ili ujifunze zaidi na uonane na watu wengine waliyo na ugonjwa wa parkinson



Kwa habari zaidi angalia:

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AMA

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