

TOP 10 TIPS TO HELP WITH: CAREGIVING



1 YOUR HEALTH

Look after your own health as well, you need to be fit and healthy to be able to look after someone else



2 DON'T COMPARE

Don't compare yourself to others, everyone's journeys with PD and lives are different



3 ACCEPT HELP

Learn to accept some, or more, help from others sometimes. Try not to put all the pressure of caregiving on yourself



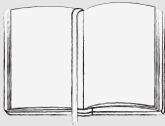
4 SHARE PROBLEMS

Take opportunities to talk about how you feel and share any problems or burdens with friends, family or your doctor



5 SHARE CARE

Share caring roles with family and friends, you need time to yourself too

**6****CONTINGENCY**

Have a contingency plan in place for if you were suddenly unable to provide care for your loved one

1**2****3****7****PRIORITISE**

Prioritise commitments, make sure to free up time for relaxation, wellbeing and things you enjoy

**8****LEARN**

Learn as much as possible about PD to better understand how to manage the condition and its progression

**9****REMEMBER**

Remember the person, not just the condition they have - they are still the same person they used to be

**10****BE POSITIVE**

Positivity, hope and humour can be helpful strategies to get through tough times

For more information about sleep visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com

