

TOP 10 TIPS TO HELP WITH:

TREMOR



1 PATTERNS

Keep a diary over a few weeks to look for any patterns with your tremor



2 MEDICATION

Try to take your medication on time. Tremor can be more evident when you are 'off' or when your medication effect wears off



3 DON'T HIDE

Don't try to hide your tremor, this can make it seem worse and more noticeable



4 DISTRACT

A stress ball to play with in your hands can help distract from tremor, practice squeezing and releasing



5 MANAGE ANXIETY

Try to manage anxiety, worry or stress, tremor can be worse when you feel anxious or nervous



6 CORE STRENGTH

Bring your elbows closer to the body to reduce tremor, this makes your core strength more stable



7 EATING

When eating, try to stabilise your elbows on the table to reduce tremor



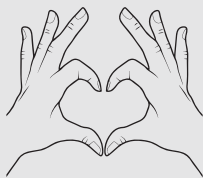
8 ADAPT EQUIPMENT

Try to use adapted equipment, such as cutlery with larger handles, or fill your cups half way to reduce spills



9 AVOID MULTITASKING

If you are doing a task, try to do it in a sitting position, avoid multitasking or concentrating on too many different things



10 ACCEPTANCE

Work towards accepting the tremor as part of you, be at peace with yourself and this in turn could reduce your tremor

For more information about sleep visit:

www.parkinsonkenya.wixsite.com/website
OR
www.parkinsonsafrica.com

