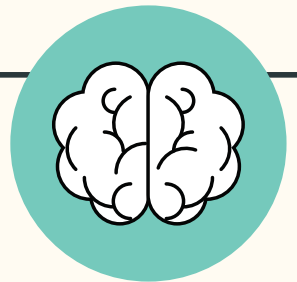


# MEMORY, THINKING PROBLEMS AND PARKINSON'S DISEASE



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)



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