# 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



**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



**SHARE PROBLEMS** 

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



SHARE CARE

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





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



**PRIORITISE** 

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

Prioritise commitments.



### **LEARN**

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



#### **REMEMBER**

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



#### **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 www.parkinsonsafrica.com

