TOP 10 TIPS TO HELP WITH:

DAILY LIFE

1. **BED MOBILITY**
   Practice getting in bed when not tired; approach the bed like a chair; slippery material in bed helps to slide in.

2. **GETTING OUT OF BED**
   Have something beside bed to hold on to; bend knees with feet flat on bed; look the direction you're turning; roll over to side of bed and lower feet while pushing up with arm.

3. **MORNING WASH ROUTINE**
   Wait for medication to take effect; have a stool, chair or rail in the shower; small towels easier for drying.

4. **GROOMING**
   Tremor may affect using toothbrush; make handles bigger and easier to grip; sit down while grooming and focus on the activity.

5. **DRESSING**
   Do some stretching exercise first; sit down while dressing; use a chair for support when standing to pull up clothes.
CLOTHES
Choose clothes with easy fastenings; avoid fabrics that cause friction when trying to move when seated

CLEAR PATH
Remove any obstacles, carpets or rugs in the house that could make you trip and fall

WALKING
Use walking aids that are the correct height; practice heel strike walk and count to keep movement going

GETTING UP FROM A FALL
Plan how to get up safely; roll over and if needed, crawl to nearest object to help get up from the floor

GET OUT OF A CHAIR
Chair needs to be high enough with arms; look up as you stand and say "stand" as you do it

For more information visit:
www.parkinsonkenya.wixsite.com/website OR www.parkinsonsafrica.com

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