

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

**6****CLOTHES**

Choose clothes with easy fastenings; avoid fabrics that cause friction when trying to move when seated

**7****CLEAR PATH**

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

**8****WALKING**

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

**9****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

**10****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

