



Self Management and Parkinson's Disease

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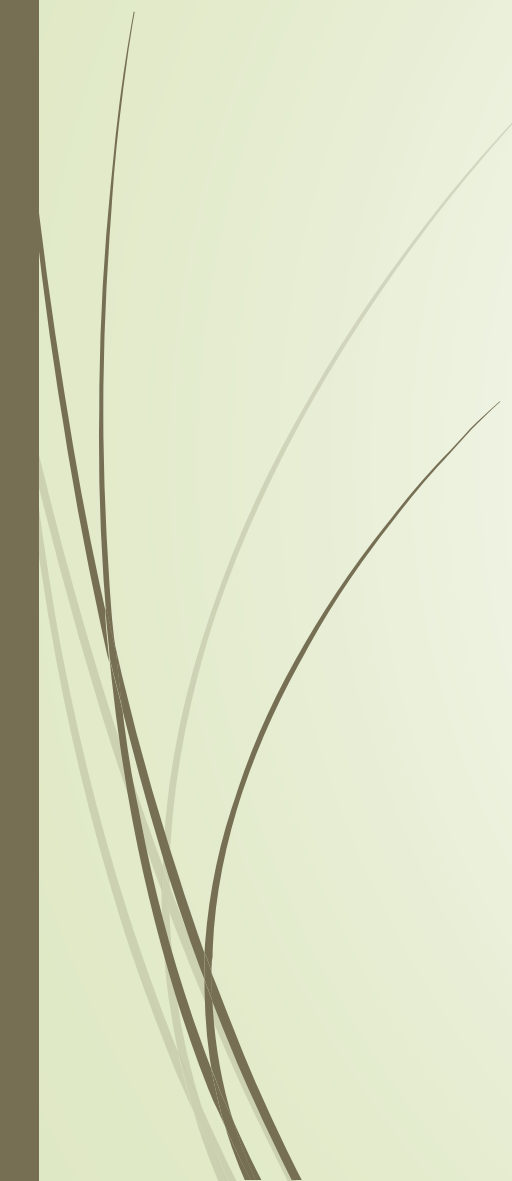


CENTER OF EXCELLENCE



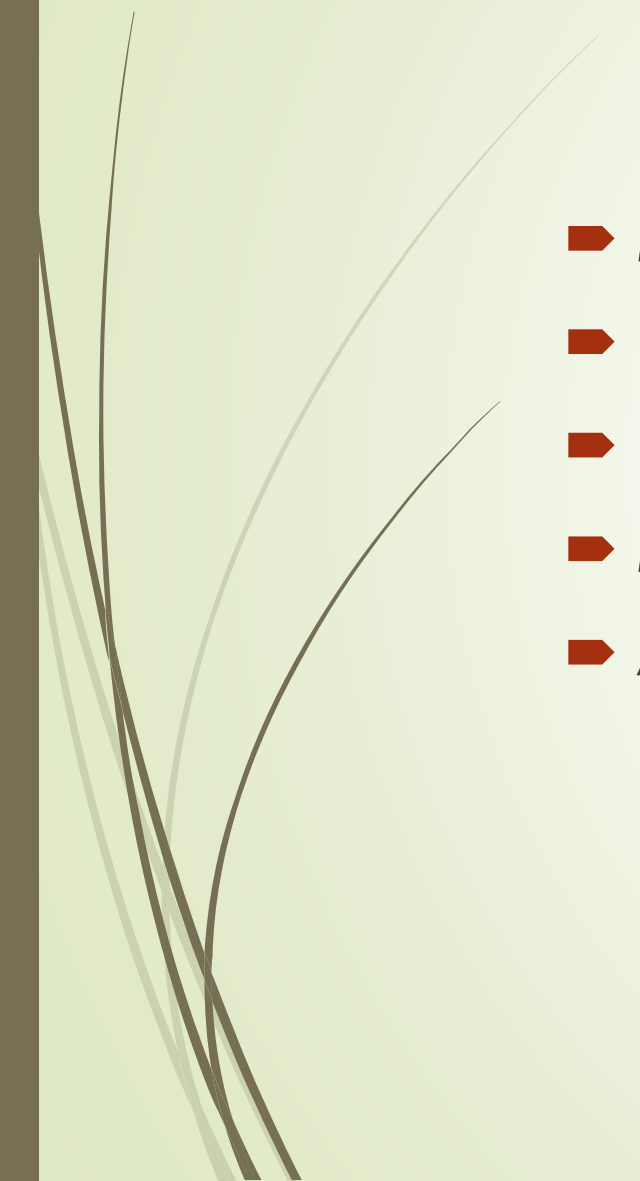


What does self management mean to you?

- To be proactive
 - To work at overcoming the physical, mental, and emotional problems caused by the condition
 - To learn how to function at your best regardless of the difficulties life presents
 - To achieve the things you want to do and to get pleasure from life
 - To learn several different techniques to better manage the various different situations that present in daily life
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Core Self Management Skills

- Managing Parkinson's Disease and its symptoms
 - Problem solving
 - Decision making
 - Maintaining a healthy lifestyle
 - Accessing the support you need
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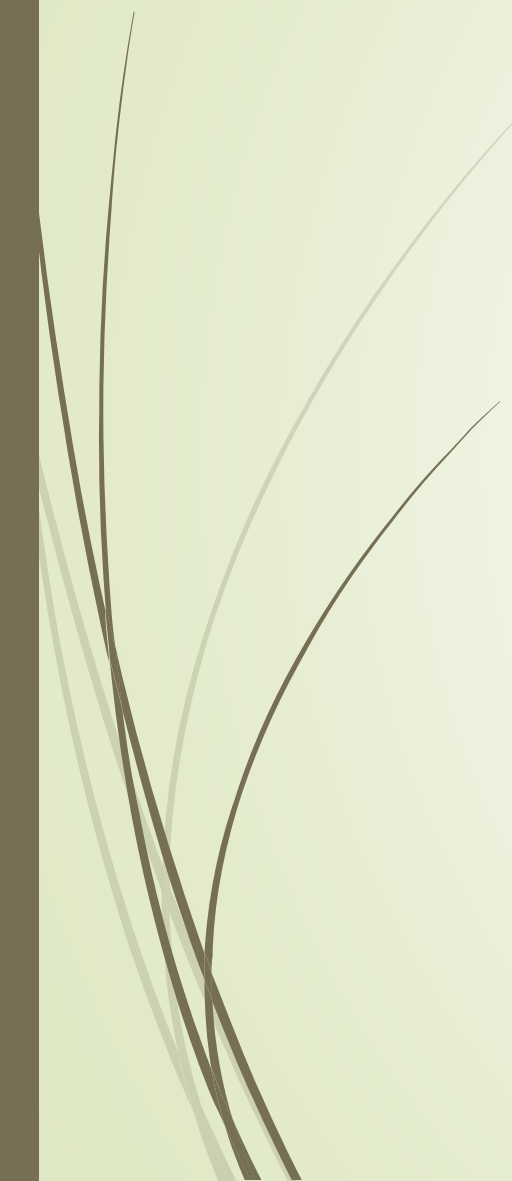


Managing Parkinson's disease/symptoms

- Make decisions about when to seek medical help
- Consider treatment options including taking medications appropriately
- Prepare for your neurologist visit
- Work with your health care team
 - TEAM Team Engagement is A Must



Problem Solving

- Identify the problem
 - List ideas to solve the problem
 - What can I change
 - Consult others
 - Pick an idea and try it!
 - Evaluate the outcome
 - And some problems may not be solvable
- 



Decision making

- Identify the options available
- List pros and cons for each option
- Think about your values
- Rate each item 0-5 scale
 - 0 = not at all important 5= extremely important
 - Add your columns and compare
- Do the gut test



An example...

Should I get help in the house?

Pro	Rating	Con	Rating
I'll have more time	4	It is expensive	3
I'll be less tired	4	It's hard to find help	1
I'll have a clean house	3	They won't do things my way	2
		I don't want a stranger in my home	1
Total	11		7



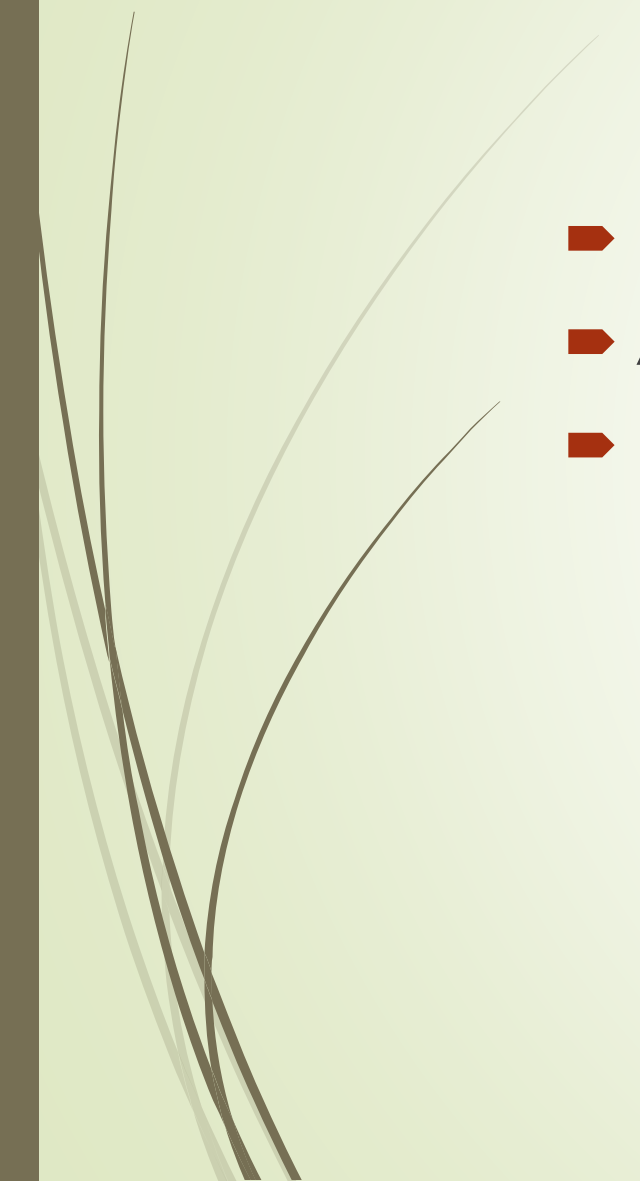
Maintain a healthy lifestyle

- ▶ What are you going to do?
- ▶ How much time will you do this activity?
- ▶ When will you do this activity?
- ▶ How often will you do the activity

- ▶ Set realistic goals and expectations
 - ▶ 7+ out of 10 on the “do-able” scale
- ▶ Be accountable
- ▶ Reward yourself



Access the support you need

- ▶ Friends and family
 - ▶ Asking for help
 - ▶ Using community resources
- 

Soania Mathur's list for Self Management

- Communication with doctor
- Decrease stress
- Educate yourself
- Build your team
- Shift your focus
- Exercise
- Priorize and plan your day
- Disclose
- www.designingacure.org





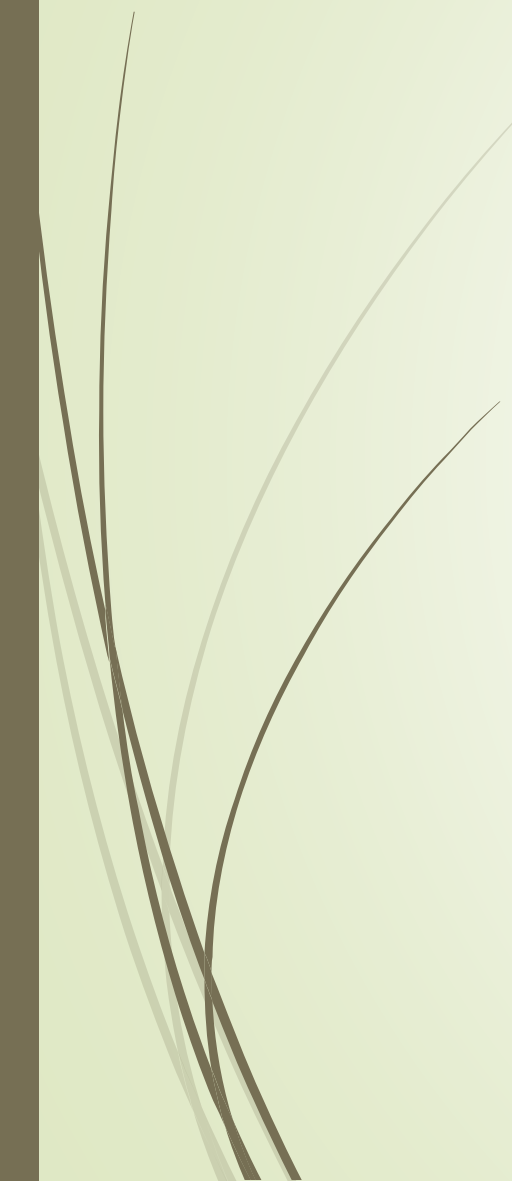
CARE

Coping, Advocating, Relating, Engaging

- Coping – attitude is king
- Advocating
- Relationships
- Engagement in life



Mindfulness activities

- ▶ “the awareness that emerges through paying attention on purpose in the present moment and non-judgementally to the unfolding of experience”
 - ▶ Yoga, meditation, progressive relaxation, coloring
 - ▶ Daily practice, same time of day and in the same place
 - ▶ Apps include Headspace, Calm, 10% happier
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Life Hacks!

- ▶ A strategy or technique used to manage one's time and daily activities in a more efficient way.
 - ▶ Gift cards to use at the grocery store
 - ▶ Iphone holder –pop socket
 - ▶ Apps for medication reminders
 - ▶ Auto billy payments
 - ▶ Dragon for dictation
 - ▶ Meal prep services
 - ▶ Clothing adaptations
- ▶ Any ideas???

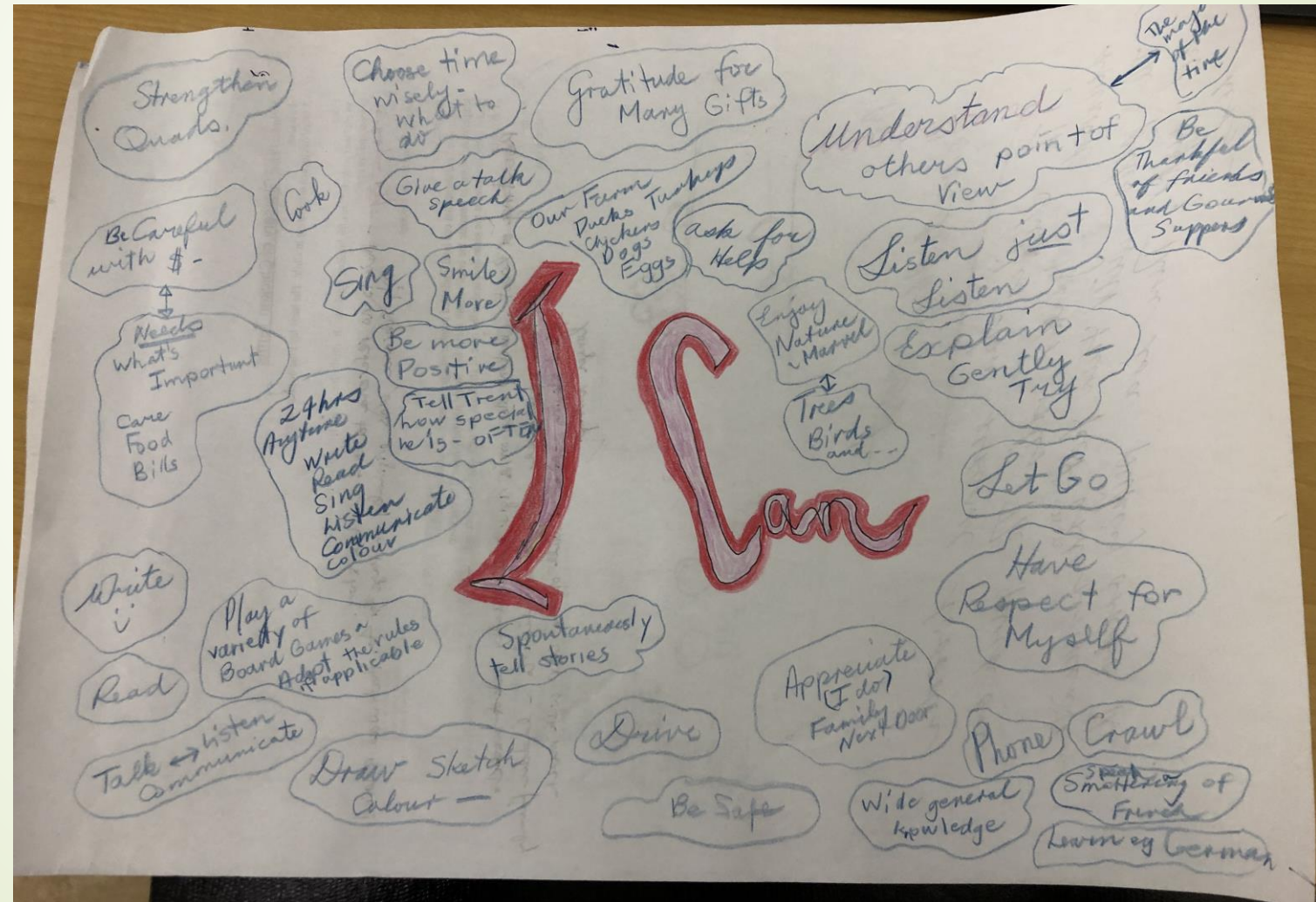


Advance care planning

- A process of reflection and communication
 - Reflect on your wishes and values
 - Inform the people in your circle
- Power of Attorney
- Representation Agreements
- Will



Make accommodations...





Create a morning mantra

- ▶ PACE – pick activities carefully or else
- ▶ JOLT – just one little thing...to move forward
- ▶ FEAR – future expectations appear real
- ▶ GOAL – go on living actively
- ▶ TRIUMPH – Try with Umph!
- ▶ Just do it! Action before motivation

Take home message





Next steps....

- Self management BC www.selfmanagementbc.ca
- Davis Phinney www.davisphinneyfoundation.org
- Parkinson's Foundation www.Parkinson.org
- www.movingforwardwithpd.com
- Research - PPRC, Fox Foundation
www.michaeljfox.org
- www.worldpdcongress.org
- www.bcbrainwellness.ca



More next steps...

- ▶ Mindful.org
- ▶ 52 Lists of happiness: Weekly journaling inspiration for positivity, balance and joy
by Moorea Seal
- ▶ Parkinson's IQ and you (Fox Foundation)
- ▶ www.parkinstand.com
- ▶ www.designingacure.org

Thank you

Questions





References



- ▶ Living a healthy life with Chronic conditions by Kate Loring, Halsted Holman, David Sobel, Diana Laurent, Virginia Gonzalez and Marian Minor
- ▶ Davis Phinney Foundation, Every Victory Counts