

# The YOPD Experience:

Lessons learned on balancing work,  
family and your health

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July 13, 2021

# The Work World and PD

- ▶ The Boutique experience
  - ▶ Financial considerations
  - ▶ Sense of identity and ego
  - ▶ Ability to do the job
  - ▶ Opportunity for something new
- ▶ “To disclose or not to disclose”
  - ▶ Work environment
  - ▶ Supportive
  - ▶ Fear of how you will be treated
  - ▶ Private or public by nature

# Work place renovations



- ▶ Challenges lead to changes
- ▶ Get creative with your strengths
- ▶ Think outside of the “work” box
- ▶ Be proactive - what would I like to do?

## *Lessons Learned:*

Part time, online  
consultant  
Handyman  
Dog walker  
Homestay student  
House swap  
Skills swap  
Look for deals

Questions???

Comments...



# Family life

- ▶ Take care of yourself
- ▶ Revisit expectations of family life
- ▶ Focus on what you can do

# Take care of yourself

Socially

Physically

Nutritionally



Emotionally

Spiritually

Intellectually

# Taking care of others...

- ▶ **For all those in the family**
  - ▶ Express gratitude
  - ▶ Share with and listen to
  - ▶ Laugh together
- ▶ **For nurturing intimate relationships**
  - ▶ Have the conversation
  - ▶ Make time for intimacy
  - ▶ Consider bridging time
  - ▶ Have fun

*Lessons Learned:*  
Eat a meal together  
Highs and lows

*Lessons Learned:*  
Kiss Daily  
Minute long hugs  
Monthly anniversary

# Revise expectations of family life

- ▶ Create more manageable plans!
- ▶ Find a new reality and live there!

*Lessons Learned:*

*“Is this sustainable?”*



# Focus on what you can do

- ▶ Focus on your blessings
- ▶ Choose your attitude
- ▶ Practice self-compassion

*Lessons Learned:  
Start and finish  
every day with  
identifying a  
gratitude*

Questions???

Comments...




# Managing your health

## Self Management:

- ▶ “To learn several different techniques to better manage the various different situations that present in daily life”
- ▶ “Be empowered to take responsibility for your wellbeing”
  
- ▶ **Core Self Management Skills:**
  - ▶ Managing PD and it’s symptoms
  - ▶ Problem solving and decision making
  - ▶ Maintaining a healthy lifestyle
  - ▶ Accessing the support your need

# Managing PD and it's symptoms

- ▶ Make decisions about when to seek medical help
- ▶ Consider treatment options
- ▶ Work with your health care **TEAM**
  - ▶ **T**eam **E**ngagement is **A** **M**ust!



Lessons Learned:  
Have someone  
with you at all  
appointments

# Problem solving & Decision making

- ▶ 1. Identify the problem well
- ▶ 2. List ideas to solve the problem
- ▶ 3. Pick an idea and try it!
- ▶ 4. Evaluate the outcome

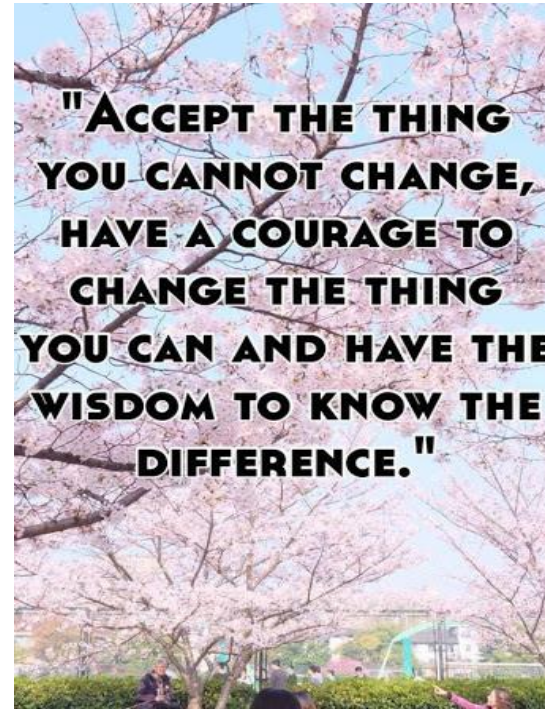
# Maintaining a healthy lifestyle-

## Take action

- ▶ 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!!!

# Accessing the support you need

Lessons learned:  
Reciprocity  
“What I would  
find useful”



Questions???

Comments...





# Finding Meaning: Underpinning of the Balancing Act



# Next steps



# Grounding exercise....

*What's in my*  
**control?**

Date: \_\_\_\_\_

Things I can control	Things I can't control

# Reliable PD websites

- ▶ Davis Phinney [www.davisphinneyfoundation.org](http://www.davisphinneyfoundation.org)
- ▶ Fox Foundation [www.michaeljfox.org](http://www.michaeljfox.org)
- ▶ World Parkinson Congress [www.worldpdcongress.org](http://www.worldpdcongress.org)
- ▶ Parkinson's Foundation [www.parkinson.org](http://www.parkinson.org)
- ▶ Parkinson Society of British Columbia [www.parkinson.bc.ca](http://www.parkinson.bc.ca)
- ▶ Parkinson Canada [www.parkinson.ca](http://www.parkinson.ca)
- ▶ European Parkinson Disease Association [www.epda.eu.com](http://www.epda.eu.com) (helpful hints under living well tab)
- ▶ Dr. Soania Mathur [www.unshakeablemd.com](http://www.unshakeablemd.com)
- ▶ Brian Grant foundation [www.braingrant.org](http://www.braingrant.org)

# Take action websites

- ▶ BC Brain Wellness Program [www.bcbrainwellness.ca](http://www.bcbrainwellness.ca)
- ▶ PD Avengers [www.pd-avengers.com](http://www.pd-avengers.com)
- ▶ Self management BC [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)
- ▶ Mindful.org
- ▶ Parkinson's IQ and you ([www.michaeljfox.org](http://www.michaeljfox.org))
- ▶ [www.parkinstand.com](http://www.parkinstand.com)
- ▶ [www.selfcompassion.org](http://www.selfcompassion.org) Dr. Kristen Neff

# Books / Podcasts / Articles

- ▶ Disability Visibility By Alice Wong (Disability Visibility Project [www.disabilityvisibilityproject.com](http://www.disabilityvisibilityproject.com))
- ▶ Gifts of Imperfection by Brene Brown (podcasts as well)
- ▶ 52 lists of Happiness: Weekly journaling inspiration for positivity, balance and joy
- ▶ by Moorea Seal (52 Lists of togetherness)
- ▶ Sexual Intelligence by Marty Klein
- ▶ Parkinson's Disease and Parenting: A practical guide to family life by Elaine Book ([elaine.book@vch.ca](mailto:elaine.book@vch.ca))
- ▶ "What Parkinson's Reveals about the artistic spark"  
<https://www.americanscientist.org/article/what-parkinsons-reveals-about-the-artistic-spark#:~:text=They%20found%20that%20having%20had,Parkinson's%20showed%20al,most%20no%20symptoms.>

# Youtube and online support

## ▶ Youtubes

▶ Gila Bronner “Sexuality and Intimacy and PD”

▶ Sheila Silver ”Sexuality and Intimacy and PD”



## ▶ On line support

▶ PSBC archived talks and YOPD on line support group

▶ PD conversations with Parkinson’s Foundation [www.parkinson.org](http://www.parkinson.org)

# Making your money go further....

- ▶ Groupon
- ▶ [www.Tourismvancouver.com](http://www.Tourismvancouver.com)
- ▶ [www.dealhack.ca](http://www.dealhack.ca)
- ▶ [Vancouverdealsblog.com](http://Vancouverdealsblog.com)
- ▶ [www.backyardbc.com](http://www.backyardbc.com)



Thank  
You

The image features the words "Thank You" written in a teal, cursive script. The text is centered and surrounded by black decorative elements: a three-lobed flourish above the word "Thank", a large swirl on the left side, a large swirl on the right side, and a small cluster of three dots below the word "You". The entire design is set against a plain white background.