

7 Ways to Self-Manage Your Parkinson's Disease

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Living with Parkinson's disease can be difficult and the condition poses many challenges, however, there are ways that you can manage it to make your everyday life more comfortable. With this in mind, we've put together a list of seven ways to self-manage Parkinson's disease based on information from .Parkinson's UK

Educate Yourself

The more you know about Parkinson's disease, the more you can be prepared for what it has to throw at you. Keep up to date with all the latest research about the disease, find out if there are any clinical trials you can participate in, and if you're on the newest medication.

Healthy Lifestyle

Try to stay as active as possible — walking, swimming and practicing yoga are great low-intensity exercises that you can take at your own pace. Talk to your medical team about physiotherapy if you are unable to move much on your own.

Eating a balance diet and keeping your weight at a healthy level are also good ways to help self-manage your Parkinson's. If you're losing weight because you're finding it difficult to swallow or have no appetite, talk to your doctor about ways to increase your caloric intake.

Hobbies and Socializing

If you have hobbies then try to continue with them, or find new pastimes that will help take your mind off Parkinson's disease and give you something else to focus on. Try to keep up with friends and family on a social level so that you don't become isolated.

Complementary Therapies

There are many complementary therapies that may help you with the symptoms of Parkinson's disease. Meditation, acupuncture, use of essential oils and reflexology are among the many therapies you may find useful.

Mobility Aids

Think about investing in mobility aids before you actually need them. This way you can ensure you know how to use them when they are needed. Everyone is different, and people will find different aids more beneficial than others.

Keeping Your Independence

While it is undoubtedly easier to have your carer do things for you, you should try and maintain your independence for as long as possible. If you can dress and bathe yourself, prepare simple meals and do household tasks then continue to do so, even if it takes you twice as long.

Join a Support Group

See if there is a local support group in your area for people with Parkinson's disease. If there isn't, find an online group. You'll be able to share your experiences with people who really understand what you're going through and get tips and information that will help you in your everyday life.