

Fact Sheet

Caregiving

Parkinson's Disease & Movement Disorders Center

"You alone can do it, but you cannot do it alone."

O. Hobart Mowrer

Contact the Social Worker about different ways to get help at home
312-503-4397.

- PD is a chronic disease: It continues over a long period of time. The demands on family and care partner continue over a long period of time.
- PD is progressive: Symptoms worsen over time; amount of care required increases.
- PD is a family disease: One person has diagnosis; whole family experiences its effects.

Caregiver Coping Strategies fall into categories, understand and prioritize your needs:

- Stress management
- Time management
- Decision management
- Health management
- Community resources
- Emotional support and support groups

Facts about PD Care Partners:

- Provide care an average of 14/hours day.
- Often express greater concern about the social and emotional impact of PD than about the actual physical, hands-on care.
- Express need for:
 - A regular break (85%)
 - Emotional support (83%)
 - Education (32%)

Consider joining a PD Care Partner Support Group.

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