

## How to maintain a relationship as a couple with respect to the changes related to Parkinson's

After a number of years of working, raising children, or supporting relatives, colleagues and friends, you share happy plans for retirement and dreams for both of you. However, the onset of Parkinson's is shaking up your life and bringing many questions.

Many couples mention that they have noticed certain changes related to Parkinson's disease. And you, as a couple, you have surely experienced changes, small or large, following the diagnosis and over time with the disease. You are now invited to take a moment, together, to reflect on these changes.

For each of the following questions, rate the degree of change on a scale of 1 to 10.

As a couple, have you experienced any changes in your ability to act freely?

1	2	3	4	5	6	7	8	9	10
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Not at all

A great deal

Have you encountered estrangement in your relationship as a couple?

1	2	3	4	5	6	7	8	9	10
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Not at all

A great deal

Have you encountered any distance from people around you?

1	2	3	4	5	6	7	8	9	10
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Not at all

A great deal

Have you experienced a transformation of your roles in your relationship as a couple?

1	2	3	4	5	6	7	8	9	10
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Not at all

A great deal

Do you find it difficult to ask for help?

1	2	3	4	5	6	7	8	9	10
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Not at all

A great deal

Do you have trouble getting any help?

1	2	3	4	5	6	7	8	9	10
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Not at all

A great deal

Based on your answers, you notice that the left side of the scale from 1 to 10 reveals your strengths as a couple in developing your confidence to deal with current and future changes.

A score on the right side of the scale indicates that there may be adjustments to be made based on the changes you observe.

Fortunately, you are not alone. Other couples share a similar experience and have developed tips that may be helpful to you.

All sessions of TAVIE™ in motion aim to better prepare you for the present and future changes related to Parkinson's by drawing on the experience of other couples and in collaboration with your relatives and healthcare professionals.

**Let's try to make a change?**