

Facilitate transitions and role adjustments

To facilitate the adjustment of roles with Parkinson disease, some couples living a very similar situation to your own offer different ways. They share their ideas and offer you to pick and choose what will make you and your partner feel better. Here are the suggestions they share with you:

Multifaceted Roles

Revisit the priorities Say no to certain requests Delegate responsibilities Ask for help Respect your abilities Keep an eye on each other's interests and of the couple

Daily Life

Have a flexible routine Teamwork and compromise Cooperate and take turns Rearrange your space Think about safety Use adapted equipment Preserve your energy

Quality Time

Surround yourself with people who make you feel good Engage in stimulating, energizing and entertaining activities Stay in touch with nature and anything that soothes Preserve privacy Plan a moment of pure pleasure every day

Couple Relationship

Prevent conflicts Develop each other's autonomy Learn from each other Draw on your strengths and talents Express affection Say "thank you", laugh and smile Trust your instincts

Hopes and Plans

Review common goals Review each other's expectations Say yes to interesting offers Adapt the range and duration of your future plans Continue to have dreams and respond to the needs of each other and of the couple

