

My priorities

My priorities?

The most important one for me to do?

With whom?

When to proceed?

How to do it?

What benefits?



- A) I list my priorities. I choose the one I would like to do, and decide with whom I'd like to do it.
- B) I identify when and how to proceed, using the strategies and resources suggested on the following pages.
- C) I become aware of the benefits of this approach.
- D) I can identify other priorities in the future.
- E) I repeat the process when I need to.

Useful tips

Strategies shared by people living alone with Parkinson's

- Enjoy life, one day at a time (make room for slowness, contemplation and spontaneity)
- Exercise, go on outings or group trips
- Be organized and maintain a daily routine
- Participate in cultural, leisure, educational, intergenerational or spiritual activities
- Spend time outdoors
- Attend or participate in a community center
- Play a useful role
- Do volunteer work
- Use technology to connect with others and seek help from people skilled at it (e.g. at a community center or local library)
- Join an online or an in-person community (e.g., support or friendship group, book club, craft, etc.)
- Know how to contact and mobilize organizations that can help (e.g., Regional Partners, peer helpers, Parkinson Québec, volunteer bureau, public and government services, etc.).
- Learn to better manage stress, as well as motor and non-motor symptoms
- Enjoy balanced, appetizing meals on a daily basis and in good company a few times a week
- Adopt healthy sleeping habits
- Proactively adapt the house or the apartment to my evolving health condition
- Have the right tools and equipment to do my daily living activities, household chores and get around

- Ask for paratransit service and accompanying person presence of a companion if needed
- Meet someone with an experience similar to mine
- Apply for Revenu Québec's tax credit for age, for living alone or for retirement income
- Learn about and use local and government services to protect my independence as well as my physical and mental health.
- Choose a roommate
- Participate in a neighborhood, research or community project
- Use the services of an interpreter if necessary
- See who might understand my needs and act as care partners in the future
- Make informed decisions about the future management of my care and assets, and share them with others

Perhaps you have other strategies? Do not hesitate to write and share them.

**To find out more and manage your priorities,
check out the resources on the following pages.**

Resources

PARKINSON QUÉBEC

Toll-free number	1 800 720-1307 Information line
E-mail	info@parkinsonquebec.ca
Web site	www.parkinsonquebec.ca

What tools and services are available to help you live better on your own? Visit the website and check out the « [Resource guide for people living alone](#) » to find out more and access support as needed.

BOOKS

Brown, B. (2022). The Gifts of Imperfection: 10th Anniversary Edition. Center City: Hazelden Publishing.

«Brené Brown (...) is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. (...) What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. » (Hazelden Publishing, 2022) « In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think. - No matter what gets done and how much is left undone, I am enough, and to go to bed at night thinking, Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging. » (Hazelden Publishing, 2010)

André, C. (2016). Looking at Mindfulness: 25 Ways to Live in the Moment Through Art. New York: Blue Rider Press.

“Expert practitioner [and psychiatrist], Christophe Andre invites us to consider paintings while practicing mindfulness techniques. With stunning simplicity and clarity, he sets out 25 lessons that could change your life - from understanding what it means to live mindfully, to useful tips for everyday situations.” (Blue Rider Press, 2016)

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Canadian Coalition for Senior’s Mental Health (2023). Social isolation & loneliness: what we heard from older adults. Key findings of a pan Canadian survey. <https://ccsmh.ca/wp-content/uploads/2023/11/Social-Isolation-Survey-2-Highlights-EN-Nov-2023.pdf>

Freedman A, and Nicolle J. (2020). Social isolation and loneliness: the new geriatric giants: Approach for primary care. Can Fam Physician. 66(3),176-182. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8302356/pdf/0660176.pdf>

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Parkinson's Foundation (2022). Tips for living alone with Parkinson's. [Disponible aussi en espagnol]
<https://www.parkinson.org/blog/tips/living-alone>

Parkinson Society British Columbia (2024). Living independently with Parkinson's disease.
<https://parkinson.bc.ca/resources-support/resource-centre/help-sheet-living-independently-with-parkinsons-disease#>

Parkinson's UK (2018). Living alone with Parkinson's. <https://www.parkinsons.org.uk/sites/default/files/2018-10/FS29%20Living%20alone%20with%20Parkinson%27s%20WEB.pdf>

Statistics Canada (2022). Living solo. <https://www.statcan.gc.ca/o1/en/plus/1908-living-solo>

Subramanian, I., Farahnik, J., and Mischley, L.K. (2020). Synergy of pandemics-social isolation is associated with worsened Parkinson severity and quality of life. NPJ Parkinson's Disease. 8;6:28. doi: 10.1038/s41531-020-00128-9. <https://www.nature.com/articles/s41531-020-00128-9>

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Binette Charbonneau, A. (2018). How many people live alone in Québec in 2016? (in French only) Combien de personnes vivent seules au Québec en 2016? Institut de la statistique du Québec.
<https://statistique.quebec.ca/fr/fichier/combien-de-personnes-vivent-seules-au-quebec-en-2016.pdf>

Charpentier, M., et Soulières, M. (2019). Growing old and living solo. Stories from seniors who live alone. A guide for seniors who live alone and those who work with and support them. (in French only) Vieillir et vivre seul-e. Récits d'expériences de personnes âgées qui habitent en solo. Guide à l'intention des personnes âgées qui habitent seules et des personnes qui les côtoient et les accompagnent, 12 p.
https://chairevieillissement.uqam.ca/fichier/document/Guide_VVS_final.pdf