

## CAREGIVING

“You alone can do it, but you cannot do it alone.”

- ★ 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.. Try to 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.*