

Stages of Adjustment to Parkinson's

Most people will go through several stages in adjusting to Parkinson's disease. Each individual will experience the stages at a different pace, and some stages may recur. Care partners and family members will also experience these stages at their own pace.

Den	nial/ Disbelief/ Shock
•	Take time to explore your feelings being honest with yourself and others. A range of emotions is normal. Journaling or "telling your story" to another may help you toward acceptance.
□ I	Knowledge is power. Find opportunities to learn basic information about PD. Try to focus on abilities, not inabilities. Remember that no one develops all of the symptoms of PD
	couragement, "Why Me", and Searching for a Reason or Explanation The cause of PD is not known, and getting it is not your fault Symptoms of depression are common in any stage of PD. For some people depression is an initial symptom. Don't be afraid to tell your doctor if you feel depressed.
Too sym	ess/ Conflict nuch stress can be harmful for anyone. Individuals with PD report an increase in aptoms when stressed. Finding ways to intentionally relax is beneficial both for aptom management and your health.
	Use nature sounds or other music to relax; breath slowly and deeply Regular exercise may be helpful in managing stress Seek reliable information through books or classes. Don't believe everything you read on the Internet Join a local support group to learn from others
You mus	fting Abilities and Role Reversals I may need more time to accomplish an activity due to changes in hand coordination, scle stiffness, or slowness. These changes often cause frustration. Trading tasks y be a win-win solution.
□ I	Maintain open communication with your loved ones Prioritize daily tasks. Consider seeking outside help for some tasks such as yard work, housecleaning, or home maintenance Seek help from a counselor to resolve relationship conflicts



Stages of Adjustment to Parkinson's

Identity Change The person with PD realizes that the disease has had an impact on his/her life.	
□ Remain independent□ Explore new opportunities to find self-fulfillment	
Successful Adaptation Everyone needs to feel a certain degree of control in their life.	
 □ Communicate openly about life's priorities □ Set yourself up for success by creating realistic expectations and solutions 	