

Parkinsons Disease Care

Practical support for movement, speech, and daily living

Easy guide for families

Why this matters

Parkinson's disease can affect movement, balance, speech, swallowing, sleep, and mood. Caregiving works best when routines are steady, medicines are timed correctly, and the home supports safe movement.

What you may notice

- Slowness, stiffness, or shaking
- Shuffling steps or freezing in doorways
- Soft voice or reduced facial expression
- Constipation, sleep problems, or fatigue
- Trouble swallowing or delayed meal times

Daily care at home

1. Give Parkinsons medicines exactly on schedule if prescribed that way.
2. Allow extra time to stand, turn, and start walking.
3. Use cueing such as big steps, march, or step to the line on the floor.
4. Encourage upright posture, hydration, and regular bowel habits.
5. Watch for swallowing trouble, drooling, or coughing with food and drink.

When to call the doctor

- More falls, freezing, or trouble getting up
- Hallucinations, confusion, or major sleep changes
- Trouble swallowing, weight loss, or choking
- Worsening constipation or urinary problems
- Medicines wearing off too soon or causing involuntary movements

Call 911 now if...

- Sudden severe breathing trouble or chest pain
- A serious fall with head injury or suspected fracture
- Sudden inability to wake the person
- Stroke warning signs such as face droop or slurred speech

Questions for the care team

- How strict does medicine timing need to be?
- Would speech, swallowing, or physical therapy help now?
- What should we do when freezing happens?
- Which symptoms are from the disease and which may be from medicines?

Quick daily checklist

- Medicines given on time
- Walking path cleared
- Hydration encouraged
- Bowel pattern tracked
- Swallowing watched during meals
- Falls or near-falls noted

Safety first

Freezing and balance problems can lead to falls. Turning slowly, avoiding clutter, and using therapy strategies can make movement safer and less frustrating.

Caregiver reminder

Rushing often makes movement harder. Calm cueing, regular timing, and patience usually work better than repeated reminders to hurry up.

