

The 10 Commandments of Living Well

Susan C. Imke, GNP-C
Senior Health Solutions, Fort Worth, Texas
susanimke@yahoo.com



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Thou Shalt Not Take Thy Doctors Too Seriously

- Idiopathic implication
- Guidelines vs. orders
- Medications = mobility
- Choosing your healthcare team





Who is your Parkinson's Team?

- YOU
- Family Care Partner
- Movement Disorder Specialist
- OT, PT, SLP, Counselor

Your care team ideally functions as a system, with regular interdisciplinary communication.



Thou Shalt Pace Thyself

- Schedule important work at peak dose levodopa
- Say *Yes* to activities that meet your needs
- Say *No* to people and events that drain you
- *Be wary of* “one of these days” pitfall
- Read Dave Crenshaw's, *The Myth of Multitasking*
- Are you saving for a rainy day when it's pouring outside?



Thou Shall Not Fall

- Avoid stupid human tricks
- Engage in physical therapy sooner rather than later
- Honor your natural turn pattern
- Experiment with a no carry rule
- Research options for aging in place

Thou Shalt Speak Up!

- Dysarthria paired with spousal hearing impairment is not a recipe for good communication.
- Think *Loud* (LSVT, PWR); “crisp consonants”

SING!

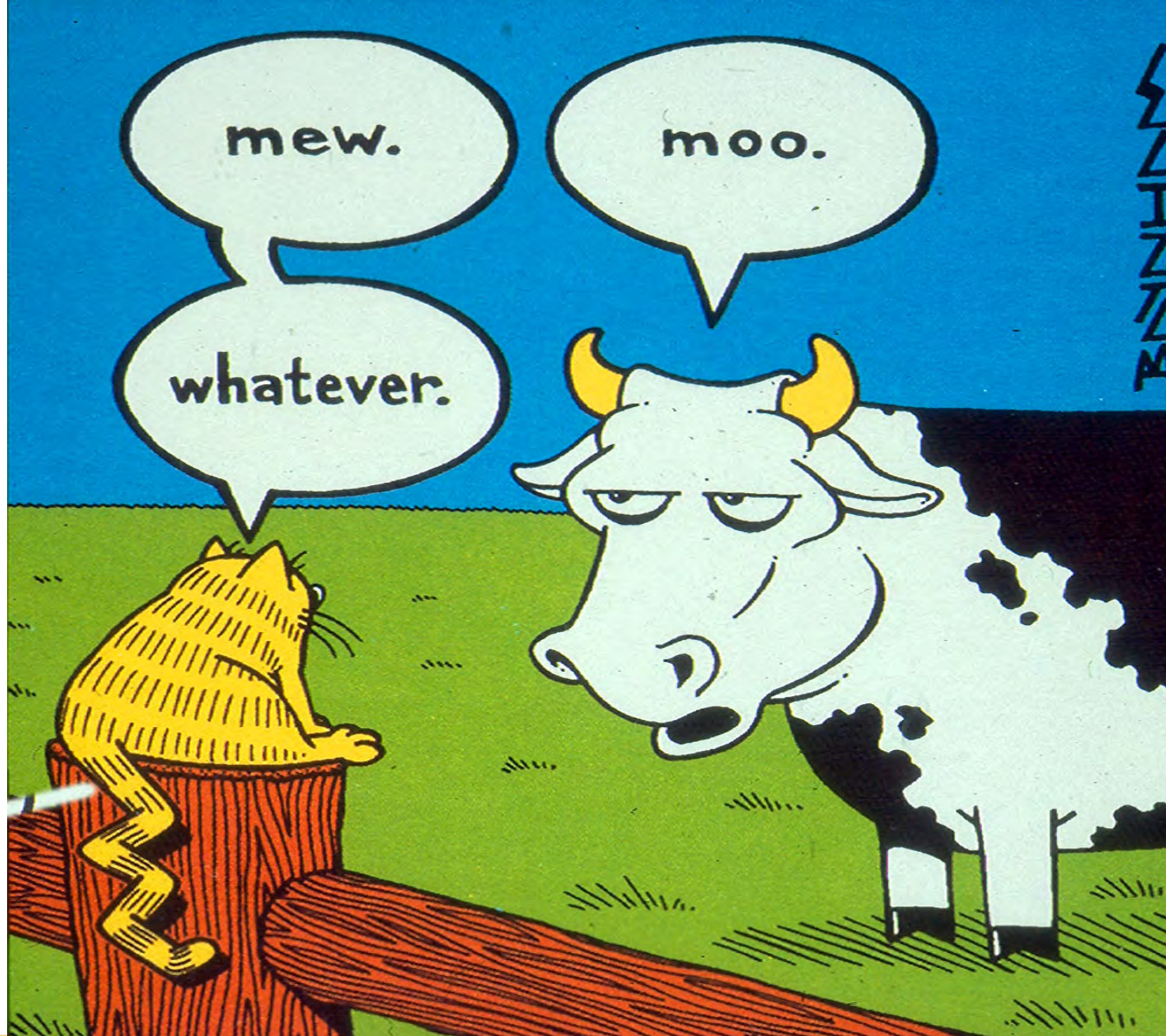


- *Practice* effective conversation

Communication Challenges









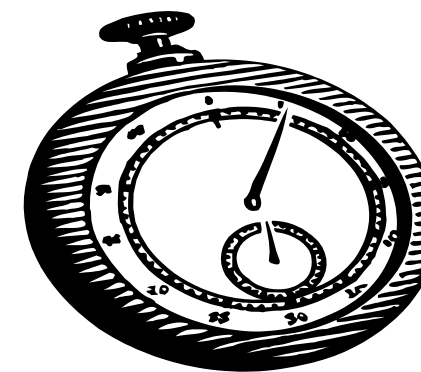
Elements of Intentional Dialogue

- Minimize distractions; turn off the TV; put your cell phone out of reach/earshot
- Sit face to face; *avoid covering your mouth with your hand!*
- *Speak loud enough to be heard*
- *Wait* until speaker finishes before responding
- Avoid telling speaker how you handled similar experiences
- **Practice listening to understand vs. listening to respond**



Thou Shalt Drink Water Religiously

- Sense of thirst diminishes with normal aging
- H₂O is crucial to nutrient and medication absorption
- Schedule water intake
- Dehydration is common and dangerous



Thou Shalt Not Drive If No One Will Ride With Thee

- The Texas Department of Public Safety is not your friend 😊
- Neuropsychological and occupational therapy evaluations can inform your driving choices
- Plan ahead for transportation alternatives

Distracted Driving

- Cell phone
- Grooming
- Wrangling kids
- Eating
- GPS
- Floorboard grab
- Conversation





Thou Shalt Sleep by Night & Nap by Day

- Prepare your sleep environment
- Go to bed and get up at the same time every day
- Try a 40-minute NASA nap
- Stop watching late night news!





Melody ~ New York, New York

Stop Watching the News...

It's Makin' you Sad

The World's a Scary Place

and Worse – The News is All Bad !



...sing along continues...

**Give Up Re-mote Control,
Take Back Your Life, Your *Soul* ~
Turn.Off.The.Tube!
STOP – Watchin' the News!!**

Thou Shalt Unplug

- Unplug yourself one day per week
- Unstuff your place *gradually*
- Untangle your schedule





Thou Shalt Encourage Thy Care Partner

- Insist that your care partner take regular breaks from being your daily coach and chief supporter.
- *Let your helpmate know that you acknowledge and appreciate the things they do for you.*
- *Remind your care partner to take care of his or her own health needs.*
- Be gracious about accepting help from a secondary care assistant to allow time away for your frontline person.



Proactively Manage Caregiver Fatigue

- Write your own job description.
 - Do you need skill training?
- *Respite* is more important than recreation.
- Beware of cocktail hour as a daily coping strategy.
- Upgrade your own physical and emotional health.
- Consider His and Hers bedrooms.
- Expand your circle of support.

Who Is On Your B Team?

- Who in your circle is willing and capable?
- What is the minimum skill set s/he will need to be second string for you?
- Ask for *specific* dates and tasks.
- Enlist the support of your care recipient

Long-Distance Caring

- *Just Say “Yes”* to being the B Team;
Stepping up often brings unexpected rewards.
- Call if a phone conversation is possible. Email is a distant 2nd to allowing your loved one to hear your voice.
- Send monthly care packages.
- Pay phone, dental, or other routine expense
- *Show appreciation for primary care partner.*

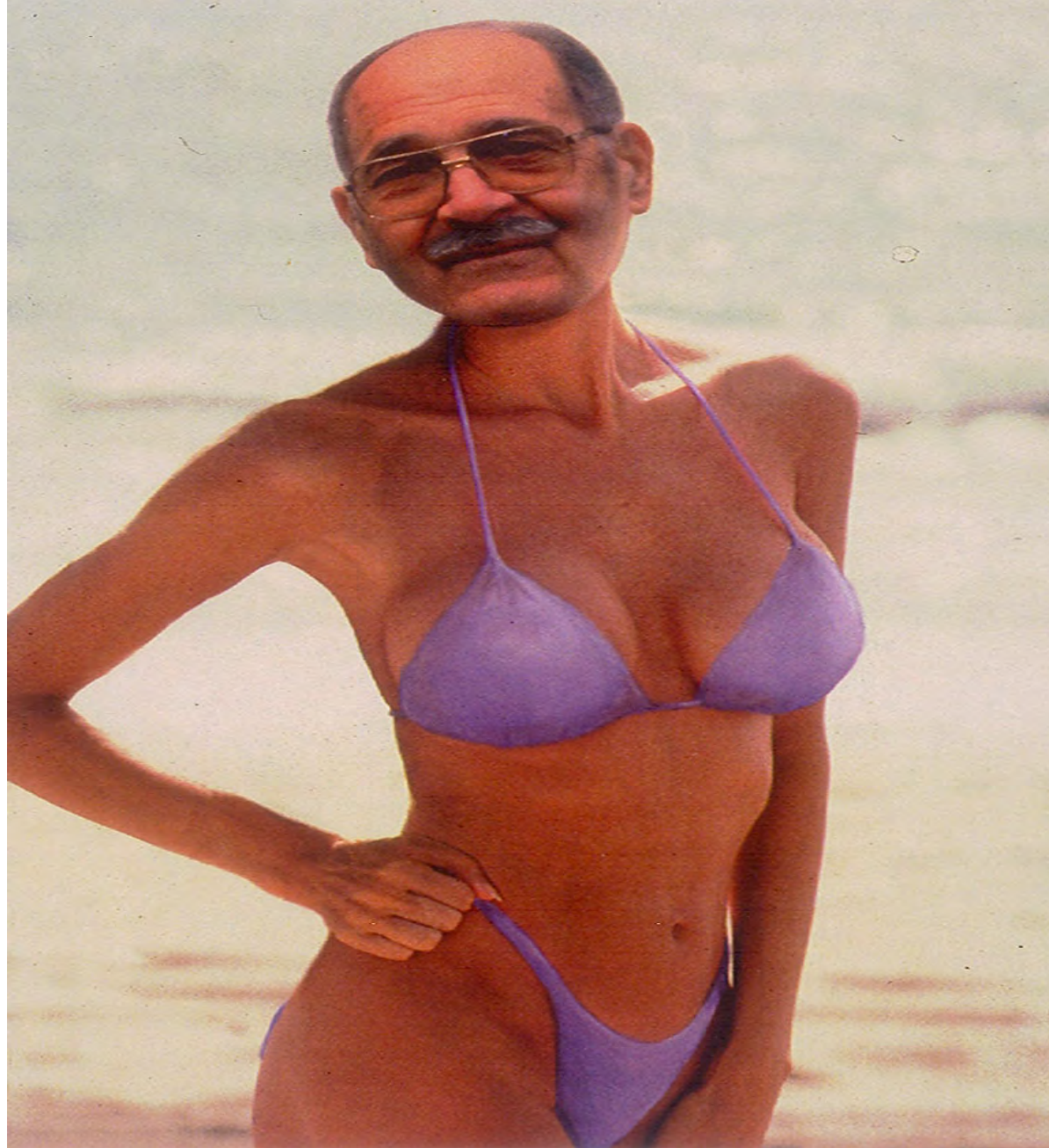
Who Wins the Living Well Challenge?

- Those who can adapt to a new normal.
- People who find pleasure or satisfaction in small daily victories as well as momentous accomplishments.
- Those with a good support system of family and friends.
- Those with *just enough* money.
- People with a highly developed sense of humor.

Thou Shalt Cultivate Thy Sense of Humor

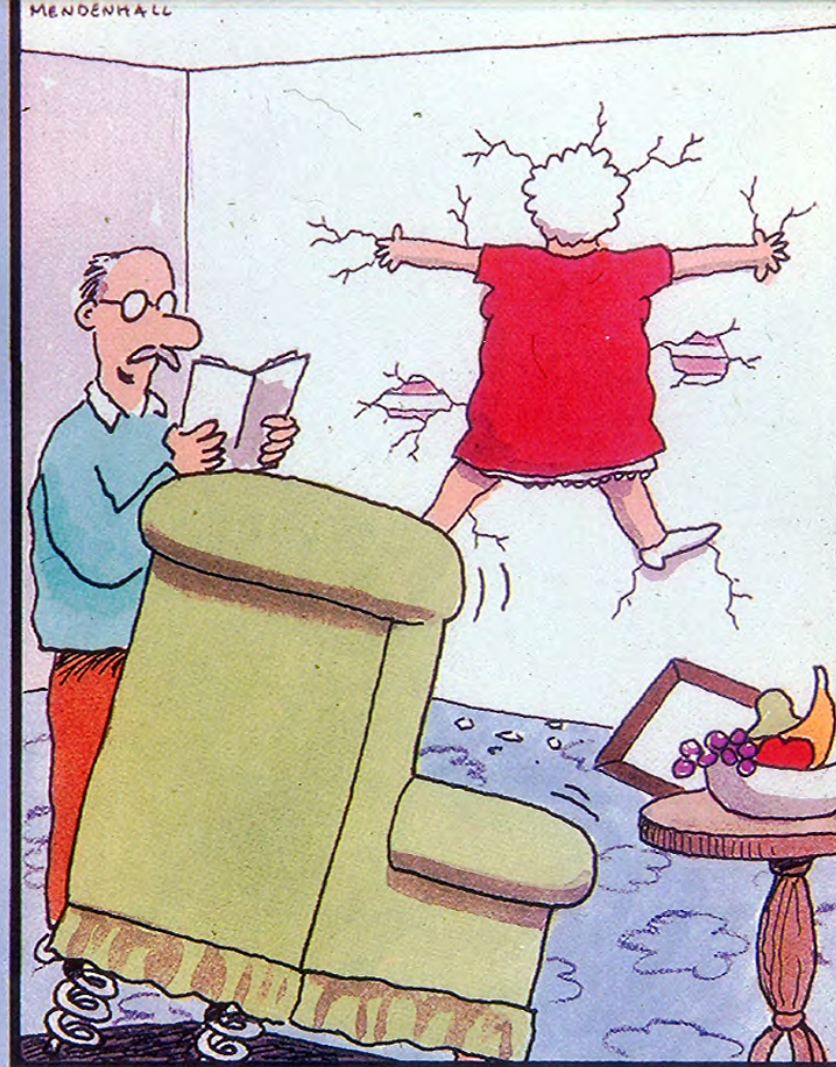
- You don't have to *be* funny to *recognize* funny
- Laughter really is good medicine
- Homework for the humor impaired:

Magic Mirror Assignment



Action Steps

- Identify two communication strategies to improve your key relationships.
- Choose one intervention you will implement immediately to upgrade your health status.



"Ahhh, *here we go*, Martha...
'To adjust the tension control on your
Miracle Lift chair, simply turn
the release knob counter-clockwise.'"



"The doctor will be with you
in just five more minutes."



Thou Shalt Hope Without Ceasing

