

Navigating the New Normal: Newly Diagnosed

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“With Parkinson’s you have two choices: You can let it control you, or you can control it. And I’ve chosen to control it.”

-US Senator Johnny Isakson



Where Do You Start?

Remember –

1. The path is not linear
2. Your journey with Parkinson's is unique
3. Take time to acknowledge and understand what Parkinson's means to you emotionally and physically
4. There will be losses and gains (socially, physically, emotionally)

Then you can begin to take control of your journey and gain the confidence you need to manage your condition.

Learning Confidence

- People who have higher confidence in their ability to manage their condition have better long-term outcomes
- How?
 - They have better physician communication
 - They have better adherence to treatments and symptom management strategies
 - They adopt healthier habits

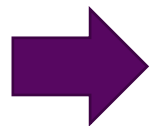


It can be learned – small changes today can go a long way

Learning Confidence

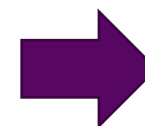
Build confidence
by setting and
achieving
reasonable yet
challenging goals

- Helps you to understand your physical and emotional limitations
- Sets yourself up for success



Learn through
others' success

- Observe other positive people with Parkinson's
- Other people who have faced a challenge or difficult diagnosis
- What can they teach you?



Seeking
reinforcement






- Who is your cheerleader?
- Do you have a support system?
- Someone to say you are doing ok, "You've got this".



Parkinson's Impacts Your Mood

- Be aware of your mood and emotions
- Depression can be part of Parkinson's
- Consider seeking out a mental health professional to provide you with support and coping strategies

5 Steps To Live Better Today

-  **Find a doctor** who is an expert in Parkinson's
-  Find someone you can talk to and **stay connected**
-  Create **healthy habits**
-  **Be active** – in whatever way works best for you
-  Determine what you care about most to help
identify your goals to live well with Parkinson's today



They don't have to be in this order!

Find a Doctor Who is an Expert in Parkinson's

- Find **a neurologist who treats people with Parkinson's**, and when possible, **a movement disorder specialist**
- Research has shown that Parkinson's is **best managed by a care team who have experience with Parkinson's**
 - This could be a social worker, mental health professional, physical therapist, etc.
 - Call Parkinson's Foundation Helpline to find expert care in your area



Helpline: 1(800) 4PD-INFO (473-4636)

Find Someone You can Talk To and Stay Connected

Who would you feel most comfortable talking to about your diagnosis? It could be friends or family, the Helpline or others living with Parkinson's.

- Someone you can talk to about the tough stuff
- Having a cheerleader
- Support group or Parkinson's exercise group
- Having coffee or a beer with a friend and chatting about everyday stuff
- A second set of ears at the doctor



Be Active – in Whatever Way Works Best for You



- **Continue to do the things you enjoy** – even if it doesn't feel natural anymore (learn to do old things in a new way)
- **Dream big!** Do the things you always wanted to do
- **Push yourself** to continue to live your best life

The best path to a new normal is to fight the urge to pull away.

Determine What is Most Important to Help You Meet Your Goals and Live Well with Parkinson's Today

Power of the individual...

Does everyone have the same outcome?

NO

Can you take steps to positively impact your day to day with Parkinson's?

YES

Can you make a difference?

ABSOLUTELY!!

Consider your individual goals...

“What will help me live better today?”

“What will help me the most now?”