

RELATIONSHIPS AND INTIMACY COMMUNICATION WORKSHEET

Make time to talk openly and honestly about the relationship, because communication is crucial. Questions to consider:

- What has changed in our relationship that we are reluctant to discuss?

- What could I do to make the relationship stronger?

- What am I doing that is causing unnecessary stress on the relationship?

- What is working well and what needs more attention?

- Should we meet with a counselor or neuropsychologist for guidance?

Questions to ask your primary care physician:

- Are there diagnostic tests appropriate for sexual dysfunction?
- Do I need a referral to a gynecologist or urologist?
- Are my other medications impacting my sexual life, and are there treatments for this?

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Discussions to consider with your neurologist:

- Are any of my Parkinson's or Parkinson's-related medications contributing to sexual dysfunction or hypersexuality/impulsivity problems?
- Discuss anxiety, depression, insomnia, restless legs, bladder problems, constipation, fatigue, personality changes or movement related problems that are impacting your relationship. Medications and physical therapy may be helpful to treat symptoms and maximize strength and flexibility.
- Ask for a referral to a trained counselor or neuropsychologist.
- Ask for a referral to a speech therapist if communication difficulties are affecting your relationship.

Other things that may help optimize your relationship and/or intimacy:

- Take your medications on time to feel your best.
- Exercise to build up stamina, reduce fatigue and stress.
- Eat a balanced diet to maximize your health — body, mind and brain.
- Drink appropriate amounts of fluids to reduce fatigue and maintain your blood pressure.
- Reserve together time for you and your partner to focus on emotional and physical closeness.
- Be as independent as possible; set guidelines when you want help.
- Show gratitude to your care partner, even the smallest of actions can make a huge impact.
- Set aside time each week to focus on your relationship.

Giroux/Farris

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Every Victory Counts