

EVERYDAY HACKS TO LIVE WELL WITH PARKINSON'S

DRESSING AND BATHING

- Shower when ON
- Use rubber sandals or non-slip adhesives to avoid slipping
- Use shower mats and handles for balance
- Use a long-handled shoe horn to put on shoes
- Try Nike zipper shoes
- Try Zappos adaptive clothing line
- Button up your shirt the night before and then pull it over in the morning
- Try elastic-waist pants
- Use a hands-free blow dryer with flexible stand
- Do a simple make up routine (Jan likes BOOM sticks)
- Use an electric toothbrush
- Consider having short hair as it may be easier to maintain
- Use products that come in pumps
- Wrap nail clippers with grip wrap and/or medical tape so they don't slide out of your hand
- Consider using an electric toothbrush or waterpik
- Try flushable wet wipes
- Try cutting a slit in the top of a tennis ball to put your toothbrush in

HOME HACKS

- Use your walker as a helpful tool by:
 - Carrying laundry on it
 - Putting a tray between the handles on which to set food, drinks, or other items (recommended walkers are an UP walker and Oasis Space)
- Put silicon sheets on surfaces you tend to sit on to avoid sliding off
- Keep your cell phone around your neck or in your pocket
- If possible, consider using an Apple watch
- Put on an apron first thing in the morning or wear pants and vests with a lot of pockets to keep your hands free and make fewer trips back and forth (Scottevest is a recommended brand)

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KITCHEN

- Keep duplicates throughout your kitchen so you don't have to move around as much while cooking
- Use a [rolling adjustable stool](#) to more easily move around the kitchen
- Buy full tubs of yogurt versus individual small ones since the lids are easier to open
- Try the [Pampered Chef Ceramic Egg Cooker](#)
- When cooking, keep a towel on your body so you don't need to move to get one
- Try [Anti-Fatigue Mats](#)
- Try using slow and/or pressure cookers to cook
- Use [tiny clothespins](#) to keep your napkin or towel on your person
- Use [melamine](#) and or [plastic dishware](#). It's lighter and durable, making it easier to move around
- Set up coffee, tea, or salad prep stations so that you have everything you need in one place to complete the full task
- Try using a [cutting shield](#) or [knife resistant glove](#) when cutting food
- Buy pre-cut vegetables
- A [Y-shaped vegetable peeler](#) may be easier to grasp

FREEZING

- Try repeating a mantra when frozen, such as "I'm going to walk. I'm going to walk. I'm going to walk."
- Pause, reset, and try taking a step
- Picture walking up stairs
- In your home, arrange visual aids like continuous patterned carpeting or tiling to minimize freezing
- Use music with a strong and steady beat to get unstuck
- Sing music to yourself that has a strong and steady beat
- Count out loud as you walk
- Avoid crowds and tight quarters
- Try [Smovey rings](#)
- Try swaying back and forth

HOBBIES

- Use [snow bikes](#) instead of skis
- Try a [recumbent bike](#)
- Use a [belly boat](#) for fishing
- Find another way to participate in your hobby (example: bagging the fish instead of reeling them in)
- Utilize adaptive equipment for sports
- Use gardening [grow pots](#) instead of heavy ceramic pots
- Use [raised garden beds](#)
- Tie your legs together with a [theraband](#) to do things that require sitting still like playing the piano
- Arrange your space so all your items needed for a hobby are within arms reach

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OUT AND ABOUT

- Plan your outings with your anxiety in mind by choosing places and activities that are less anxiety provoking
- Stash tiny water bottles in the car and/or purse to always stay hydrated
- Obtain a Handicap parking permit, not only to increase proximity to the door but also for the extra space to get out of the car
- If possible, choose a car that's higher off the ground (As Tom says, "It's easier to climb in and fall out than fall in and climb out")
- Choose to be early or late to avoid crowds
- Keep all your valuables including your phone and cards in one wearable case
- Try a Japanese knot bag for a purse
- Use tiny clothespins in restaurants to keep your napkin in place
- Ask anyone you are meeting for a 15-30-minute flexibility window; Transitions are challenging and being held to exact timing may cause unnecessary stress
- "Never pass up an empty loo"
- Overcompensate by preparing for the worst

TRAVELING

- Board early
- Choose a walker that folds down easily to fit in a plane's overhead bins
- Check your luggage and avoid carry-on items
- Ask for airport assistance (this can be done when you check in or if you have an airline profile, you can add it there)
- When staying in a hotel, get a room on the ground floor
- For your medications, Tom suggests getting on the destination's time zone as soon as possible but always check with your doctor first
- Have meds in several places, especially on your person and in your carry-on bag
- Always carry documentation that states what meds you take and when, and a list of meds you are allergic to and/or that are contraindicated for your Parkinson's meds
- Have a plan B and a plan C whenever possible
- If you can afford it, get CLEAR or precheck
- Carry a reusable lightweight water jug and a non-protein snack
- Use spinner luggage

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EXERCISE

- Plan to exercise when ON
- Use walking sticks for stabilization (if you want extra lightweight, look for carbon fiber walking sticks)
- Physically write out an exercise plan to help with motivation and apathy
- Use a desk peddler to exercise in your home or while sitting
- Try installing a pull-up bar in your home
- A BOSU ball is also a recommended piece of exercise equipment for your home

GETTING OUT OF BED AND MORNING STIFFNESS

- Wear satin pajamas or a night gown (or put satin sheets on your bed) to more easily roll over and slide in and out of bed
- Keep levodopa and water on your nightstand
- Stretch before you get out of bed
- Once out of bed, take marching steps to get loosened up
- Take half of your levodopa prescription when you first wake up
- Establish your morning plan the night before