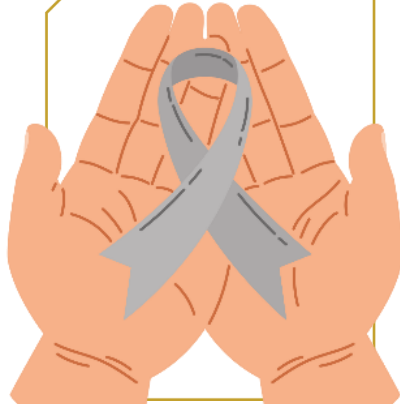




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Support for Parkinson's Patients and their Caregivers



What is the impact of Parkinson's disease on caregivers?

Parkinson's is a progressive neurodegenerative disease that leads to the loss of motor and non-motor symptoms, thus resulting in the loss of patient autonomy and the ability to perform day-to-day tasks. The patient may become more dependent on friends and family for support, negatively impacting the caregiver's physical, mental, and socioeconomic status. These impacts face the caregiver at all stages of Parkinson's disease:

- ❖ Depressive symptoms
- ❖ Lack of sleep
- ❖ The inability to work due to the physical dependency of the patient adds to caregiver stress.



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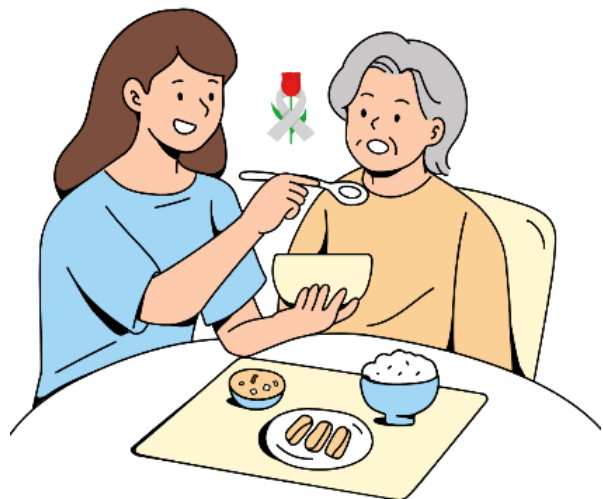
The advancing neuropsychiatric symptoms seen in the patient (e.g., visual hallucinations, depression, and cognitive impairment) were proven to be predictors of caregiver burden. Caregivers may prioritize the patient's health over their own, neglecting themselves, especially since they are dealing with someone with more complex needs, this will contribute to caregiver burnout.



What are the impacts on the caregiver and support of patients with Parkinson's disease?

It is essential to raise awareness of the caregiver's burden so that they seek treatment when needed, as it may improve their quality of life. To avoid caregiver burnout, it is important that:

- ❖ The caregiver takes time for themselves
- ❖ Has someone to talk to
- ❖ Sets realistic goals for them and their loved one
- ❖ Gets educated about Parkinson's disease



What is the role of doctors and social workers in supporting patients with Parkinson's?

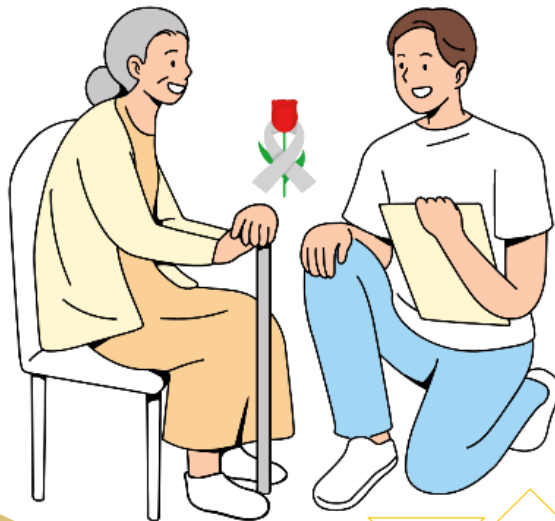
Social workers can help patients with:

- ❖ Practical life issues that may come up with the progression of the disease.
- ❖ Early intervention can help both the patient and the family cope with the disease.
- ❖ Discuss accommodation or future in home care needs.
- ❖ Educate the team on the disability or governmental programs available that support the patient's need.



What is the role of doctors and social workers in supporting patients with Parkinson's?

- ❖ Good quality social care delivered at the appropriate time has been proven to positively impact the patient's overall well-being by preventing symptom deterioration and improving mental health.
- ❖ Proper social support helps the patient prepare for the challenges that may arise as the disease progresses
- ❖ It helps reduce stress for the patient and the medical team, allowing for a better transition.



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Sources and References:



All illustrations from Canva.com

Review and Audit:

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Neurology Department

Health Awareness Unit

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