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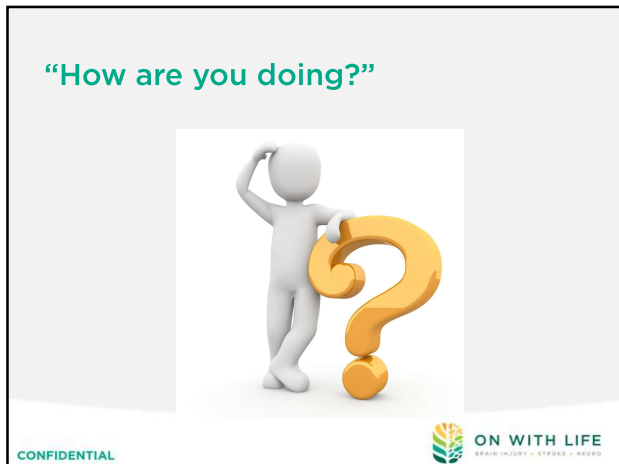
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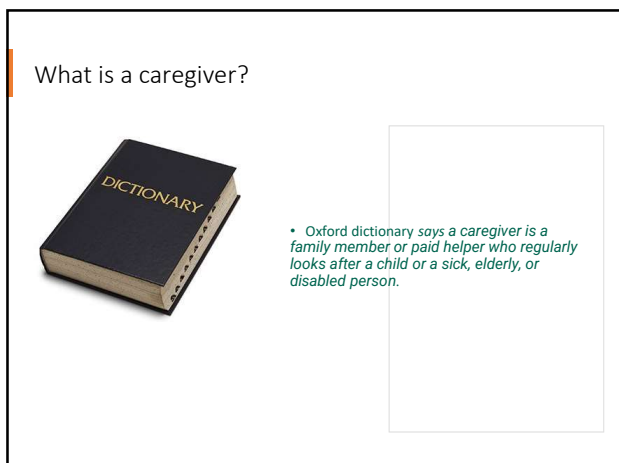
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## What defines you as a caregiver?

You are a caregiver if you provide social or physical support to an aging relative or friend, or to a person who is disabled.

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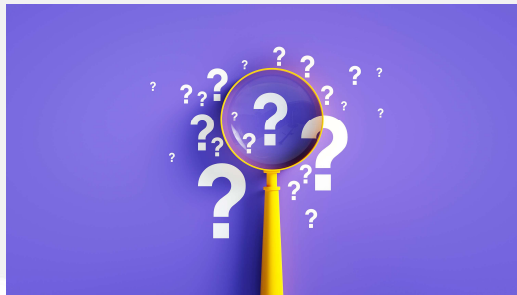
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## Here's the question



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## Who takes care of the caregiver?

They say that it is often a marathon and not a sprint.



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Let's start  
with the  
basics.

- We know that Parkinson's disease is a type of movement disorder that can affect the ability to perform common activities.
- It is progressive
- Motor symptoms
- Also effects non-motor symptoms

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You are not in  
this alone

There are 43.5  
million caregivers in  
the United States.

More than 1 in 5  
Americans are family  
caregivers

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Reach out for help!

- Most caregivers feel that they must bear 100% of the responsibility because you are the closest relative.
- Reach out and ask for help!



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**ON WITH LIFE**  
BRAIN INJURY • STROKE • SEIZURE

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## Who do I ask?

Reach out to:

- Family
- Friends
- Neighbors

Even if it is just for an hour

People want to help. All you need to do is ask.



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## 5 tips for help you thrive



- Take Regular Breaks.
- Make regular appointments with yourself to nourish your mental and physical health
- Ask For Help. Don't be afraid to ask for help!
- Simplify Your life!
- Stay Socially Connected.

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## Love thyself



- We all have good days and bad days
- Give yourself a break
- Know that you are doing the best you can

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## Coping Tips

- Take a step back



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## Respond, Don't react

Take a deep  
breath and  
respond and  
don't react



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## Be flexible

Make plans, but  
be prepare to  
change them



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## Control

Learn what you  
can and can not  
control



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## Caring for yourself

Defuse stress

- Coping Mechanisms
- Go for a walk
- Listen to music
- Take deep breaths
- Self care is NOT selfish



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## Help yourself



Support  
Groups and  
Resources

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## Resources



- APDA is here to help you. They offer such things as:
- Join APDA's new online community support forum with [Smart Patients](#).
- Visit the [Ask the Doctor](#) section of the ADPA website. Their staff of healthcare professionals specializes in all aspects of Parkinson's disease and will provide resources to address your questions and concerns.
- Download our publication called [Becoming a Care Partner](#) to learn about ways you can handle some of the challenges of being a care partner.
- National Parkinson's Foundation helpline on 1-800-4PD-INFO (473-4636).




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## Support Group

The Cedar Rapids Parkinson's Association and the Iowa City Parkinson's Support Group host a monthly support/education meeting via Zoom on the fourth Wednesday of each month at 4:00pm. Meetings are not held in December.

Meetings are held in collaboration with the UIHC Parkinson's Center of Excellence and the Iowa City Parkinson's Support Group.



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## Support Group

### Local Support Groups

On With Life Support group

Sessions take place the fourth Thursday of every month from 5:00-6:30 PM at On With Life's Ankeny campus OR via Zoom.



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## Support Group

Iowa City Support Group at  
Grand Living at Bridgewater  
3 Russell Slade Boulevard  
Coralville, IA 52241

Contact:  
Wanda Crombie  
w.crombie@mchsi.com 319-358-0306  
OR  
Ed Pierson e.pierson2325@gmail.com



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## Emergency Information

- . Suicide Prevention  
Hotline – 877-273-8255
- . Drive you or your  
person to an  
emergency room
- . Call 911



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## Take away

- Try to build your team early
  - Explore the resources available
- Know that you are not in this alone
  - Ask for help

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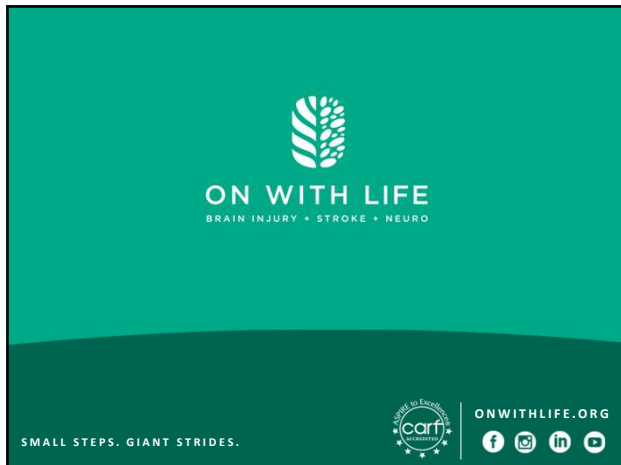
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