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Supporting Someone with Parkinson's Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general information and practical guidance for people supporting someone living with Parkinson's.

It is intended for family members, friends, carers and volunteers. It is not a substitute for professional medical advice or treatment.

If you have concerns about someone's health or wellbeing, seek advice from their healthcare team or another qualified healthcare professional.

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Supporting Someone with Parkinson's

PAGE 1 – Understanding Parkinson's

Parkinson's is a progressive neurological condition that affects movement and can also affect mood, sleep, communication and everyday activities.

Every person experiences Parkinson's differently. Symptoms and support needs can change over time, and some days may be easier than others.

Although Parkinson's brings challenges, people can continue to live meaningful and fulfilling lives with the right support.

♥ Parkinson's may affect...

☐ Movement

☐ Balance

☐ Walking

☐ Tremors

☐ Speech

☐ Sleep

☐ Mood

☐ Energy levels

☐ Daily activities

☐ Other:

♥ What do I hope to learn from this workbook?

♥ How can I become a better supporter?

♥ Remember

Parkinson's affects the condition—it doesn't define the person.

Every individual deserves dignity, patience, encouragement and the opportunity to remain as independent as possible.

Support the person, celebrate their strengths and walk beside them on their journey.

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Supporting Someone with Parkinson's

PAGE 2 – Understanding the Person

Every person living with Parkinson's is unique.

They have their own personality, interests, goals and life experiences.

Although Parkinson's may change how someone moves or completes everyday tasks, it does not change who they are.

Taking time to understand the individual helps you provide support that is respectful, compassionate and centred around what matters most to them.

♥ Things they enjoy

☐ Spending time with family.

☐ Listening to music.

☐ Gardening.

☐ Reading.

- ☐ Walking.
- ☐ Watching favourite TV programmes.
- ☐ Arts and crafts.
- ☐ Socialising.
- ☐ Other:

♥ Things that help them feel comfortable

♥ How can I support them today?

- ☐ Listen patiently.
- ☐ Respect their pace.
- ☐ Encourage independence.
- ☐ Offer practical help when needed.
- ☐ Spend quality time together.
- ☐ Be patient if communication takes longer.
- ☐ Celebrate small achievements.
- ☐ Other:

♥ What have I learned about what matters most to them?

♥ Remember

A diagnosis doesn't change someone's identity.

Continue to see the person first, respect their choices and focus on the things that bring them purpose, joy and confidence.

Support the person—not just the condition.

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Supporting Someone with Parkinson's

PAGE 3 – Communicating with Patience

Parkinson's can affect speech, facial expressions and the speed at which someone communicates.

A person may speak more quietly, take longer to find words or need extra time to respond.

Giving them time and listening patiently can help them feel respected and included.

Remember, communication is about connection, not speed.

Helpful ways to communicate

- ☐ Speak calmly and clearly.
- ☐ Give them time to respond.
- ☐ Listen without interrupting.
- ☐ Face them when speaking.
- ☐ Reduce background noise.
- ☐ Be patient if speech is quiet or slower.
- ☐ Ask them to repeat themselves if needed.
- ☐ Other:

Things that help them communicate

If communication becomes difficult, I can...

- ☐ Stay patient.

- ☐ Ask gentle questions.
- ☐ Give more time.
- ☐ Move to a quieter place.
- ☐ Write things down if helpful.
- ☐ Ask how I can best support them.
- ☐ Other:

♥ What helps us communicate well together?

♥ Remember

Parkinson's may change the way someone communicates, but it doesn't change the importance of what they have to say.

By listening with patience and respect, you help the person feel valued, understood and included.

Take your time, listen with kindness and let the person set the pace.

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PAGE 4 – Supporting Everyday Life

Parkinson's can make everyday tasks more challenging, but with the right support, many people can continue doing the things that are important to them.

Encouraging independence while offering help when it's needed can build confidence and protect dignity.

Remember, ask what support is helpful rather than assuming.

♥ Ways I can offer practical support

- ☐ Help with shopping.
- ☐ Prepare or deliver meals.
- ☐ Drive to appointments.
- ☐ Help with household tasks.
- ☐ Support with medication reminders if requested.
- ☐ Walk alongside them if they need support.
- ☐ Help organise daily routines.
- ☐ Other:

♥ Everyday tasks they may find more difficult

♥ Things they can still do independently

♥ One practical thing I can do this week

♥ Remember

Needing support doesn't take away a person's independence.

Offering help with patience, respect and encouragement allows someone to remain involved in their own life and decisions.

Support where needed, encourage where possible and always protect the person's dignity.

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PAGE 5 – Supporting Emotional Wellbeing

Living with Parkinson's can affect more than physical health.

Changes in mobility, speech, independence and daily routines can sometimes lead to frustration, anxiety, sadness or a loss of confidence.

By listening, encouraging and showing patience, you can help someone feel understood, valued and supported.

 They may be feeling...

- ☐ Frustrated.
- ☐ Anxious.
- ☐ Low in mood.
- ☐ Tired.
- ☐ Worried about the future.
- ☐ Isolated.
- ☐ Less confident.
- ☐ Other:

 How can I support their emotional wellbeing?

- ☐ Listen without judgement.
- ☐ Encourage them to talk about their feelings.
- ☐ Spend quality time together.
- ☐ Celebrate small achievements.
- ☐ Encourage hobbies and interests.
- ☐ Be patient on difficult days.
- ☐ Reassure them they are not alone.
- ☐ Other:

♥ What usually helps lift their mood?

♥ One thing I can do today to support them

Remember

Living with Parkinson's can bring emotional challenges as well as physical ones.

Your kindness, patience and encouragement can help someone feel more confident, connected and hopeful.

You may not be able to change their condition, but your support can make their journey feel less lonely.

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PAGE 6 – Looking After Yourself as a Supporter

Supporting someone living with Parkinson's can be rewarding, but it can also be physically and emotionally demanding.

As symptoms change over time, you may experience worry, frustration or tiredness. Looking after your own wellbeing is essential so you can continue providing compassionate and consistent support.

Remember, you deserve care too.

 How am I feeling today?

☐ Calm

☐ Hopeful

☐ Tired

☐ Stressed

☐ Worried

☐ Overwhelmed

☐ Frustrated

☐ Emotionally drained

☐ Other:

♥ This week I will...

☐ Take regular breaks.

☐ Get enough sleep.

☐ Eat healthy meals.

☐ Spend time outdoors.

☐ Talk to someone I trust.

☐ Make time for activities I enjoy.

☐ Accept support when it's offered.

☐ Practice self-care.

☐ Other:

♥ People who support me

1.

2.

3.

♥ One thing I will do for myself this week

♥ Remember

Supporting someone with Parkinson's doesn't mean carrying everything on your own.

Looking after yourself helps you remain patient, compassionate and resilient through the challenges that caring can bring.

When you care for yourself, you're better able to care for someone else.

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PAGE 7 – Encouraging Independence and Staying Active

Although Parkinson's may affect movement and everyday activities, many people continue to enjoy active, meaningful and fulfilling lives.

Supporting independence means encouraging the person to stay involved in daily life while respecting their pace and abilities.

Every small achievement deserves recognition.

Ways I can encourage independence

- ☐ Encourage them to make their own choices.
- ☐ Allow extra time for tasks.
- ☐ Offer help without taking over.
- ☐ Encourage gentle physical activity if appropriate.
- ☐ Celebrate progress.
- ☐ Support hobbies and interests.
- ☐ Respect their pace.
- ☐ Other:

Activities they enjoy

- ☐ Walking.
- ☐ Gardening.
- ☐ Reading.
- ☐ Listening to music.
- ☐ Spending time with family.

☐ Gentle exercise.

☐ Community groups.

☐ Arts and crafts.

☐ Other:

♥ One activity I can encourage this week

♥ How can I help them stay confident and independent?

♥ Remember

Independence isn't about doing everything alone.

It's about supporting someone to remain involved, make choices and continue doing the things that give their life meaning.

Every small step, every achievement and every act of encouragement helps build confidence and maintain quality of life.

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PAGE 8 – My Parkinson's Support Plan

Every person living with Parkinson's has different strengths, challenges and support needs.

A personalised support plan can help you provide consistent, compassionate and person-centred support while encouraging independence, confidence and wellbeing.

Remember, the best support begins with listening.

 What helps them most?

- ☐ Being listened to.
- ☐ A calm, unhurried environment.
- ☐ Time to complete tasks.
- ☐ Encouragement without pressure.
- ☐ Practical help when needed.
- ☐ Keeping to routines.
- ☐ Spending time with family and friends.
- ☐ Maintaining independence.
- ☐ Other:

My Three Priorities

1.

2.

3.

People and Services That Can Help

1.

2.

3.

My Personal Reminder

When supporting someone living with Parkinson's, I want to remember...

♥ Remember

Supporting someone with Parkinson's isn't about doing everything for them.

It's about helping them maintain independence, dignity and hope while providing support whenever it's needed.

Patience, encouragement and compassion can make a meaningful difference every single day.

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PAGE 9 – My Commitment as a Supporter

Congratulations on completing this workbook.

Supporting someone living with Parkinson's is about showing patience, understanding and compassion throughout their journey.

Some days may be more challenging than others, but your encouragement, kindness and willingness to adapt can make a real difference.

Remember, your role isn't to take away every challenge—it's to help the person feel supported, respected and never alone.

I Will Remember To...

- ☐ Treat them with dignity and respect.
- ☐ Listen with patience.
- ☐ Encourage independence.
- ☐ Respect their pace.
- ☐ Offer practical support when needed.
- ☐ Celebrate small achievements.
- ☐ Support their emotional wellbeing.
- ☐ Look after my own wellbeing too.

My Personal Reminder

When supporting someone living with Parkinson's, I want to remember...

My Support Promise

"I will support this person with kindness, patience and compassion. I will respect their choices, encourage their independence and recognise their strengths. I will continue learning about Parkinson's so I can provide thoughtful, person-centred support and help them live with dignity, confidence and hope."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Living with Parkinson's brings challenges, but no one should have to face them alone.

Your patience, encouragement and understanding can help someone feel more confident, valued and supported throughout their journey.

Thank you for taking the time to learn how to provide compassionate, person-centred support.

Explore more free workbooks, resources and wellbeing tools at:

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 Supporting people, families, carers and communities with compassion, dignity and hope.