

Coping With Parkinson's

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Outline

Mental Health

Sexual Health

Caregiver Stress

Relaxation Techniques

Planning Ahead

Resources

Mental Health and Behavior

Depression

Anxiety

Apathy

Sleep Disturbance

Fatigue

Depression and Anxiety in Parkinson's

Rates of depression and anxiety are much higher in Parkinson's patients

Why?

Researchers believe that depression and anxiety in Parkinson's disease may be due to the underlying changes in brain chemistry and circuitry that are caused by the disease itself

Depression is a “part” of PD and not just a “reaction” to it

Am I Depressed?

Difficult to say because many PD symptoms are the same as symptoms of depression: lack of energy, sleep disturbance

Watch out for a loss of interest and pleasure in activities, and feeling down, depressed or hopeless

You may also become withdrawn and/or irritable

Complete screen for depression: PHQ-9

What about Anxiety?

Anxiety can be part of the disease, not just a reaction to it

Higher incidence of anxiety in people with PD

Depression and anxiety often go together

Anxiety can come during a “wearing off” time for medication

Excessive and constant worrying, feelings of fear, as if something awful might happen

Complete screen for anxiety: GAD-7

Suicidal Thoughts

Thoughts that you might be better off dead, or of hurting yourself in some way

If you are feeling that you do not want to live anymore and that you want to hurt yourself or end your life you must get help

Behavioral Health Helpline: 1-800-900-3277

Go to the nearest Emergency Department

Call 9-1-1

What will help anxiety and depression?

Newer **antidepressants** have been shown to be effective in treating depression in people with PD

The following have been shown to be effective in treating depression:

Exercise

Behavioral Activation: Planned pleasant activities have been shown to be effective in treating depression

Problem Solving Treatment: identifying problems and setting realistic achievable goals

Cognitive Behavioral Therapy: help to change negative thought patterns

Exercise

“What I think is most important right now is to again emphasize that exercise is critical for patients with PD. All of the studies that we have discussed show that. This is where the research process continues to be critical as we work together to identify what in fact is the best kind of physical activity.”

Bastiaan Bloem is medical director of the Parkinson Center Nijmegen of the Radboud University Nijmegen Medical Center in the Netherlands.

Free online exercise program designed for people with Parkinson’s:

[/http://www.briangrant.org/exercise/exercisevideos/](http://www.briangrant.org/exercise/exercisevideos/)

Apathy

Definition: “the feeling of not having much emotion or interest”

Impacts self-initiation and self-care

Appears to be a neurological disturbance, not psychological, due to chemical changes

“We can’t care,” not, “We don’t care.”

From the caregiver perspective: can cause frustration, seeing person with PD as “lazy” or “uncaring”

Complete: Apathy Evaluation Scale

Fatigue

May be related to depression, apathy, lack of motivation

Medications, sleep disturbance and fluctuations in mobility may also contribute to fatigue

A common complaint

Feeling worn out, lack of energy, many times not improved with rest

What to do: exercise has been shown to help with fatigue, sleep hygiene, pace yourself and allow for rest periods

Sexual Health

People with PD can experience sexual problems

This can be caused by the disease itself, side effects of medications and psychological issues

For men, the most common sexual problem is erectile dysfunction

Medications can help improve erectile function

Talk to your doctor to see if these medications are appropriate for you

Men and women with PD can experience problems with sexual arousal, drive/desire, and orgasm

Caregiver Stress

According to the National Alliance for Caregiving:

On average, caregivers spend more than 20 hours per week providing care, and that number rises to nearly 40 hours per week for those who live with their care partner

Family caregivers are at risk for depression and increased health problems.

Self-care for the caregiver is vital to maintain mental and physical wellness.

Self-Care for Caregiver

Make time for yourself, even if it is only for a few minutes

Get regular exercise and improve sleep routine

Find others who understand what you are going through, join a support group

Work as a team. Communicate with your loved one to engage in his or her own care

Accept help from friends and family, and don't be afraid to ask

Ask for help- You cannot do this alone

Think about how good it feels to help others- Do not deny others the chance to experience this feeling

Relaxation Techniques and Resources

kp.org podcasts Guided Imagery for Relaxation and Wellness

Deep breathing

Member Health Education:

Stress and Emotional Health: An Overview: a free one-time class

Live Well, Sleep Well: a free 4-session class

Call 310-602-7940 to enroll

Guided Imagery Experience

Next Steps- Important for Everyone

Advance Directive for Health Care: who will speak for you and carry out your wishes if you are not able?

Seek legal advice for estate planning and Power of Attorney

Difficult conversations: what will be most important for you at the end of life?

Let your family know what you will value the most

Need to let loved ones know because it has been shown that those closest to us will guess wrong if we have not discussed

PD Organizations

Parkinson's Disease Organizations and Websites

American Parkinson's Disease Association

www.apdaparkinson.org

American Parkinson's Disease Association LA Chapter

www.parkinsonla.org

Parkinson's Association

www.parkinsonsassociation.org

Parkinson's Resource Organization

www.parkinsonsresource.org

Michael J Fox Foundation

<https://www.michaeljfox.org/>

Resources

Meal Delivery

Transportation

Personal Alert/Alarm Systems

Med-Alert Bracelet

Health Education

Ramp/Handyman

Hiring a Caregiver

Thank you!

