

# Quality Care Time

## Detailed Guide: Supporting Clients with Parkinson's

### Introduction:

Parkinson's is a neurological condition caused by the loss of dopamine-producing nerve cells in the brain. It affects movement (tremors, rigidity, slowness) and non-motor functions (depression, anxiety, sleep issues). Parkinson's is progressive and fluctuating, meaning symptoms can change from day to day or even hour to hour. This guide provides step-by-step instructions on how to effectively support clients living with Parkinson's.

### Understanding Parkinson's:

- Parkinson's impacts each person differently, and symptoms may vary daily.
- Motor Symptoms: Tremors, rigidity, slowness of movement (bradykinesia), postural instability.
- Non-Motor Symptoms: Depression, anxiety, sleep disturbances, constipation, pain.
- Freezing: A sudden inability to move, often triggered by changes in flooring, doorways, or stress.

### Step-by-Step: How to Support Clients

#### 1. Person-Centered Care:

- Why: Every person experiences Parkinson's uniquely. Tailoring care improves quality of life and maintains dignity.
- How: Listen to clients and their families. Understand their daily routines, preferences, and needs.
- When: At the start of care and continuously, as symptoms and needs fluctuate.

#### 2. Supporting Mobility and Movement:

- Why: Motor symptoms can limit independence and increase fall risk.
- How:

- Encourage safe movement and independence where possible.
- Assist with mobility aids only after consulting a physiotherapist.
- Offer physical support during challenging activities (e.g., getting up from a chair, turning in bed).
- Never rush; allow extra time for movements.
- When: Daily, during all activities involving movement.

### 3. Managing Freezing Episodes:

- Why: Freezing can be frustrating and may lead to falls.
- How:
  - Stay calm and provide reassurance.
  - Use cueing strategies such as counting steps aloud or visual cues.
  - Avoid talking while they are trying to move.
  - If persistent, report to Annie and Gemma.
- When: Anytime freezing is observed.

### Support and Resources:

- Speak to your managers, Annie and Gemma, for guidance and support.
- Visit Parkinson's UK at [www.parkinsons.org.uk](http://www.parkinsons.org.uk) for more resources.