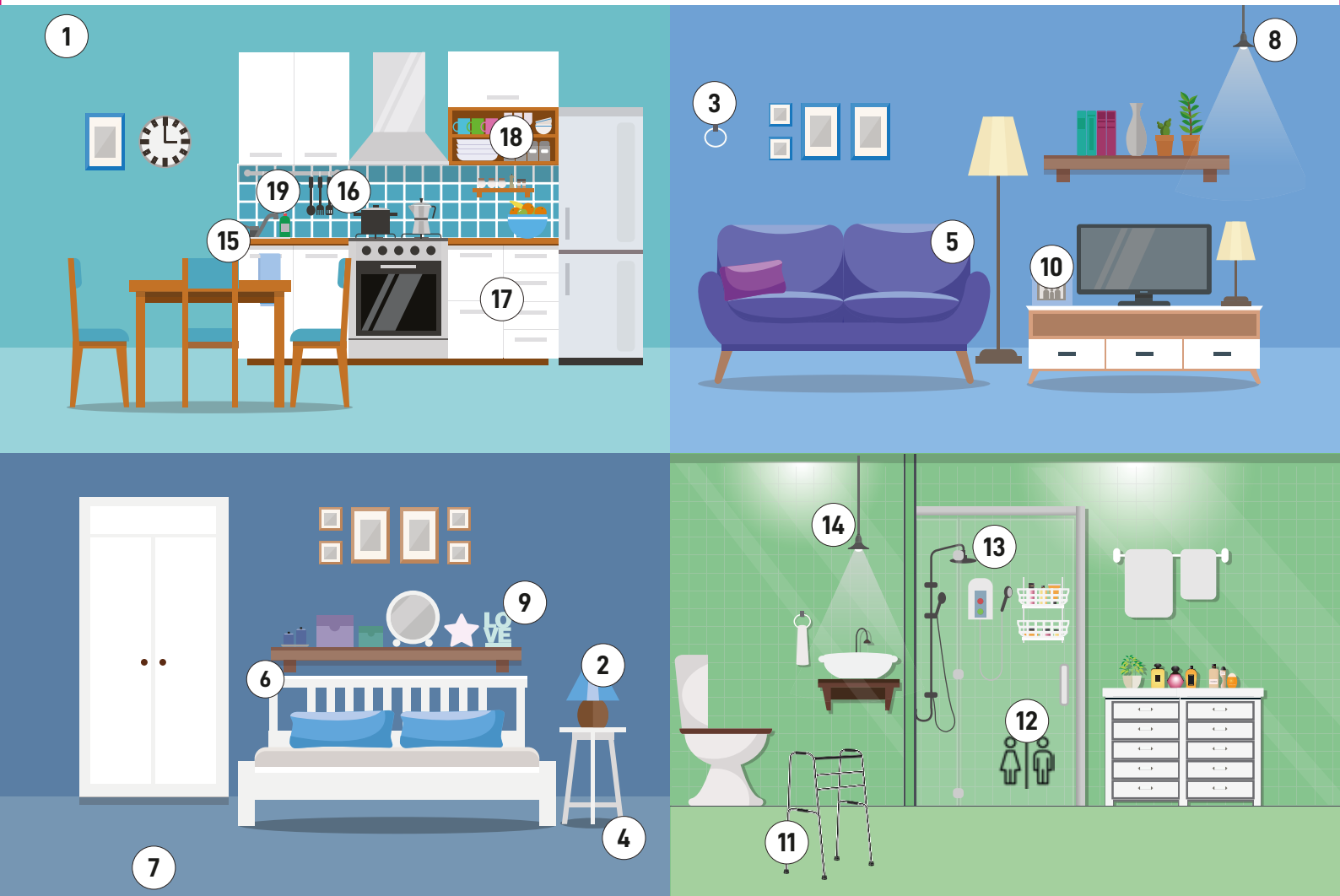


Step wise guide for Parkinson's Patient friendly home



Key Points

1. Don't change all at once, do it at a slow pace and start by making small changes
2. Install touch lights and lights that are sensitive to movement and sound
3. Install handrails along walls, hallways and stairwells where there is nothing to hold for help with walking
4. Rearrange furniture so that rooms are less crowded and allow more space to maneuver
5. Place chairs and couches with firm cushions, straight backs
6. A bedrail should be designed to getting in & out of bed
7. Keep the path between the bed and bathroom clear of objects, loose rugs and any other tripping hazards
8. Nightlights is necessary in all over house
9. A stationery pole can be used to assist with getting in and out of bed
10. Use cordless phone
11. Design bathroom as to make space for canes, walkers, and wheelchairs
12. Put a sign on the door labeling the bathroom
13. showers should have an adjustable flow to suit the individual user
14. lighting above the basin, shower and toilet draws attention to these areas to help users find them easily.
15. Consider having a countertop lowered so that the person with Parkinson's can access kitchen items from a chair or wheelchair.
16. Use knife that works with a rocking rather than sawing motion
17. Always choose sliding boards while designing your furniture
18. Use built-up utensils
19. Keep items that you use daily, like coffee mugs, on hooks rather than harder-to-reach cupboards.

References : 1.JOHN HOPKINS MEDICINES Article "How to Adapt Your Home If You Have Parkinson's" Available at <https://www.hopkinsmedicine.org/> Accessed on 17th March 2023 2. Premier Care Article "Modify Your Home for Parkinson's Disease" Available at <https://www.premiercareinbathing.co.uk/> Accessed on 17th March 2023 3.Parkinson's Article "7 Ways to Make Your Home Safer for Those Living With Parkinson's" Available at <https://parkinsonsnewstoday.com/> Accessed on 17th March 2023

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YOUR COMPANION FOR HEALTHY LIFE



Name:
History:

Age:

MONTHLY PLANNER

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Week 2	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Week 3	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Week 4	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Example	Morning walk	Yoga	Scheduled appointment with doctor	Shopping	Birthday party	Bank	