



POST DIAGNOSIS

TAKING CONTROL

4 WEEK PROGRAMME

PARKINSON'S

WWW.W4BCOACHING.COM



AFTER THE CONSULTATION LIFE WILL NEVER BE THE SAME

This 4-week post-diagnosis program for individuals newly diagnosed with Parkinson's disease.

This programme is designed to help patients and their families adjust to the diagnosis, create a care plan, and make lifestyle modifications to improve their quality of life.

THIS PROGRAMME



1

LEARN

Each week we focus on an aspect of post diagnosis issues



2

ACTION

We then ask you to try making changes and tracking your progress



3

REVIEW

At the end of each week we would like you to review your progress.



MORE INFORMATION

www.w4bcoaching.com

Don't panic



Your life can be good just different!

You may feel that your world has ended but it's not. This is a picture of Mark Holt-Rogers 2 years post diagnosis on a skiing holiday.

Talk to people

Trust me ... the more people know about your PD the better you will feel.

Don't lock yourself away

This is Mark representing England in the Four Nations Parkinson's golf tournament.



Make exercise a priority

To battle PD ensure that you exercise each day.

Get in contact with me - I provide coaching

Ask me questions, learn from my 14 year battle

Week 1: Understanding the diagnosis taking first steps

Tasks:

Consult Your Neurologist:

- Have a detailed consultation with a Parkinson's specialist neurologist to understand the diagnosis, symptoms, and treatment plan. Write a list of questions.
- Discuss medications such as leodopa, dopamine agonists, and other treatments based on the severity of your symptoms.

Understand Parkinson's Disease:

- Access our coaching programme and resources
- Spend time learning about Parkinson's from trusted sources like Parkinson's UK (<https://www.parkinsons.org.uk>) to understand the progression of the disease, common symptoms, and treatment strategies.
- Keep a symptom diary to track changes in your condition.

Build a Support Network:

- Reach out to local Parkinson's support groups to connect with others who are experiencing the same journey.
- Consider joining online support communities if in-person options are limited.

Emotional and Psychological Support:

- Coming to terms with the diagnosis can be overwhelming, and mental health support is essential.

Week 2: Initial Lifestyle Adjustments and Exercise Plan

Tasks:

Physical Exercise:

- Start a gentle exercise routine. Research shows that regular exercise can help manage PD symptoms such as stiffness, balance, and mood.
- Consider activities like walking, yoga, tai chi, or swimming. Aim for 30 minutes of moderate activity most days of the week.
- Speak to a physiotherapist who can help create a personalised exercise plan suited to your symptoms.

Healthy Eating:

- Adjust your diet by incorporating foods that promote overall health, such as fruits, vegetables, lean protein, and whole grains.
- Review Parkinson's UK's guidance on nutrition for Parkinson's, which includes tips on avoiding constipation and maintaining energy levels.

Sleep Management:

- Prioritise sleep hygiene. Parkinson's often causes sleep disturbances, so develop a consistent bedtime routine that promotes restful sleep.
- Make adjustments such as reducing caffeine, establishing a regular sleep schedule, and creating a relaxing sleep environment.

Mental Health Focus:

- Practice relaxation techniques like mindfulness or deep breathing exercises to manage anxiety and stress, which are common in Parkinson's patients.
- Engage in activities you enjoy to maintain a positive mental outlook and social connection.

Take a look at our other 4 week programmes.

Week 3: Planning for the Future – Financial and Legal Considerations

Tasks:

Explore Financial Assistance:

- Review available UK government benefits such as Personal Independence Payment (PIP) or Attendance Allowance if you're of retirement age. These can help with the extra costs of living with a disability.
- Contact Citizens Advice or use Turn2Us (<https://www.turn2us.org.uk>) to check what financial assistance you may be eligible for.

Plan for Long-Term Care:

- Consider the potential need for future care, such as home modifications, care workers, or long-term residential care. Discuss the available options with your family.
- Research the costs of care and available NHS or local council services.

Set Up a Lasting Power of Attorney (LPA):

- Consider appointing a Lasting Power of Attorney for financial decisions and healthcare matters. This will allow someone you trust to make decisions on your behalf if your condition progresses.
- Contact Solicitors for the Elderly (SFE) to find a qualified solicitor who can guide you through the process.

Review Your Will:

- Ensure your will is up-to-date, and that it reflects your current wishes. Consider setting up a trust for more complex estate planning.

Week 4: Expanding Care and Lifestyle Support

Tasks:

Work with a Specialist Parkinson's Nurse:

- If you haven't already, connect with a Parkinson's specialist nurse via the NHS or Parkinson's UK. They can provide advice on medication adjustments, symptom management, and care coordination.

Occupational Therapy:

- If daily tasks are becoming more difficult, consult an occupational therapist who can help you adapt your home environment and recommend equipment to maintain independence (e.g., grab rails, walking aids).

Speech and Language Therapy:

- If you're experiencing speech difficulties (common in Parkinson's), consider seeing a speech and language therapist to help with communication strategies and improve swallowing issues.

Complementary Therapies:

- Explore complementary therapies like massage therapy, acupuncture, or music therapy to help with symptoms such as muscle stiffness, anxiety, or mood changes.
- Always consult your healthcare provider before starting any new therapies to ensure they're safe and effective for your condition.

Strengthen Emotional and Social Support:

- Continue connecting with support groups, both online and offline. Sharing experiences with others living with Parkinson's can be incredibly beneficial for mental well-being.
- Consider couples or family counselling if you and your loved ones need help adjusting to the new dynamics Parkinson's may bring to relationships.

Here's a list of support resources available for individuals with Parkinson's disease in the UK. This list includes medical, social, financial, and legal support to help patients and caregivers navigate the challenges of living with Parkinson's.

1. Medical and Health Support

Parkinson's UK

- The leading charity providing support, resources, and information to those living with Parkinson's disease.
- Offers a helpline, local support groups, and expert advice on managing the condition.
 - Website: <https://www.parkinsons.org.uk>
 - Helpline: 0808 800 0303

Parkinson's Nurses (NHS)

- Specialist nurses available through the NHS, offering practical advice, symptom management, and emotional support. They work closely with neurologists to ensure patients receive the best possible care.
 - Speak to your GP or neurologist for a referral to a Parkinson's nurse.

NHS Choices - Parkinson's Disease

- Provides detailed information on Parkinson's disease, treatment options, and resources for patients and families.
 - Website: <https://www.nhs.uk/conditions/parkinsons-disease/>

Physiotherapy and Occupational Therapy Services (NHS)

- Access to physiotherapists and occupational therapists who can assist with mobility, daily tasks, and managing symptoms. Available through NHS referral.
 - Contact your GP to discuss therapy options.

2. Social and Emotional Support

Local Parkinson's Support Groups

- Parkinson's UK runs over 350 local groups across the UK where individuals can share experiences, receive advice, and engage in social activities.
 - Find a local group: Parkinson's UK - Find Local Support

Carers UK

- Support for those caring for someone with Parkinson's. Offers advice on benefits, respite care, and emotional well-being.
 - Website: <https://www.carersuk.org/>
 - Helpline: 0808 808 7777

Mind UK

- Mental health support for individuals with Parkinson's and their caregivers, including access to counselling services and information on managing anxiety and depression.
 - Website: <https://www.mind.org.uk/>
 - Helpline: 0300 123 3393

Age UK

- Provides support and services for older individuals, including those living with Parkinson's. They offer advice on home care, mobility aids, and social care.
 - Website: <https://www.ageuk.org.uk/>
 - Helpline: 0800 678 1602

3. Financial Support

Citizens Advice

- Provides guidance on financial benefits, disability allowances, and advice on navigating the UK welfare system for those with Parkinson's.
 - Website: <https://www.citizensadvice.org.uk/>
 - Helpline: 0800 144 8848

Parkinson's Disease Support

Parkinson's UK

Offers financial guidance, support, and resources specific to Parkinson's. They provide information on benefits, work, and care options for individuals with Parkinson's in the UK.

<https://www.parkinsons.org.uk>

Turn2Us

A national charity helping people in financial hardship. Offers an online benefits calculator and grants search tool.

<https://www.turn2us.org.uk>

Tax and Financial Planning

HM Revenue & Customs (HMRC) - Disability-Related Tax Relief:

Provides information on tax relief and benefits for individuals with disabilities, including VAT exemptions** and tax credits for disability-related expenses.

<https://www.gov.uk/financial-help-disabled/vat-relief>

The Pension Service (DWP)

Helps you manage pensions, including disability benefits for retirees with long-term conditions like Parkinson's.

<https://www.gov.uk/contact-pension-service>

Age UK - Financial and Legal Planning

Offers advice on **estate planning, wills, funeral planning, and dealing with financial challenges due to illness or ageing.

[<https://www.ageuk.org.uk/information-advice/money-legal/>]

(<https://www.ageuk.org.uk/information-advice/money-legal/>)

Long-Term Care and Estate Planning

Care Home Fees - UK Care Guide

Provides insights into paying for care homes and managing long-term care costs in the UK.

<https://ukcareguide.co.uk/care-home-fees/>

Solicitors for the Elderly (SFE)

A UK membership body offering legal services and advice for older people and those with disabilities. They specialise in estate planning, lasting powers of attorney, and care funding.

- <https://sfe.legal>

StepChange Debt Charity

- Offers free debt advice and support, especially if you're managing large healthcare expenses and struggling financially. - <https://www.stepchange.org>

GOAL TRACKER

USE THIS SHEET EACH WEEK TO PLAN YOUR WEEKLY GOALS AND TRACK YOUR ACHIEVEMENTS

MAIN GOAL

ACTION STEPS

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GOAL 2

ACTION STEPS

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GOAL 3

ACTION STEPS

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GOAL 4

ACTION STEPS

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GOAL 5

ACTION STEPS

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