

A PPSG BOOK SNAPSHOT

The Comfort of Home for Parkinson Disease **A Guide for Caregivers**

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Dear Caregiver
Acknowledgements
To Our Readers

Part One - Getting Ready

- 1 What is Parkinson Disease?
- 2 PD Medications and Wearing-Off
- 3 Using the Health Care Team Effectively
- 4 Getting In-Home help
- 5 Preparing the Home
- 6 Equipment and Supplies

Part Two - Day by Day

- 7 Setting Up a Plan of Care
- 8 How to Avoid Caregiver Burnout
- 9 Activities of Daily Living
- 10 Diet and Nutrition
- 11 Fitness and Exercise
- 12 Body mechanics---Positioning, Moving, and Transfers
- 13 Emergencies

Part Three - Additional Resources

Parkinson Disease and Caregiver Organizations
Glossary 7 pages
Index 7 pages