

## A PPSG BOOK SNAPSHOT

### Parkinson's Disease - 300 TIPS for Making Life Easier Second Edition

By **Shelley Peterman Schwartz**, syndicated columnist.

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A Word from the Author

#### **1. Basic Concepts for Living with Parkinson's Disease**

Staying Positive While Living with PD; Basic  
Concepts for People Who help People with PD;  
Resources

#### **2. Making Your Home Safe and Accessible**

Lighting and Light Switches; Safety and Emergency  
Provisions; Doors, Doorways, and Doorknobs; Under  
Lock and Key; Ramps, Railings, Stairs, and Grab Bars;  
The Kitchen; The Bathroom; Furniture and Flooring Coverings;  
Resources

#### **3. Looking Good, Feeling Better**

Grooming; Choosing the Right Clothing; Dressing Tips;  
Dressing Aids and Simple Clothing Adaptations;  
Hosiery and Footwear;  
Resources

#### **4. Communicating**

Speaking Tips; Using Technology to Aid in Spoken  
Communication; Writing Tips; Keeping the Lines of Communication Open;  
Resources

#### **5. Managing Mealtime Madness**

In the Kitchen; Eating and Drinking Tips for People with Swallowing Difficulties;  
Resources

#### **6. Empowering Yourself**

Mobility and Exercise; Leisure and Recreational  
Activities; Improving Memory and Concentration;  
Resources

#### **7. Handling Medical Issues**

Record Keeping and Research; Doctor's Appointments;  
Medications; Managing Your Home Healthcare;  
Resources.

#### **8. Getting Out and About**

Errands and Outings; Car and Driving; Travel;  
Resources;

About the Author

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