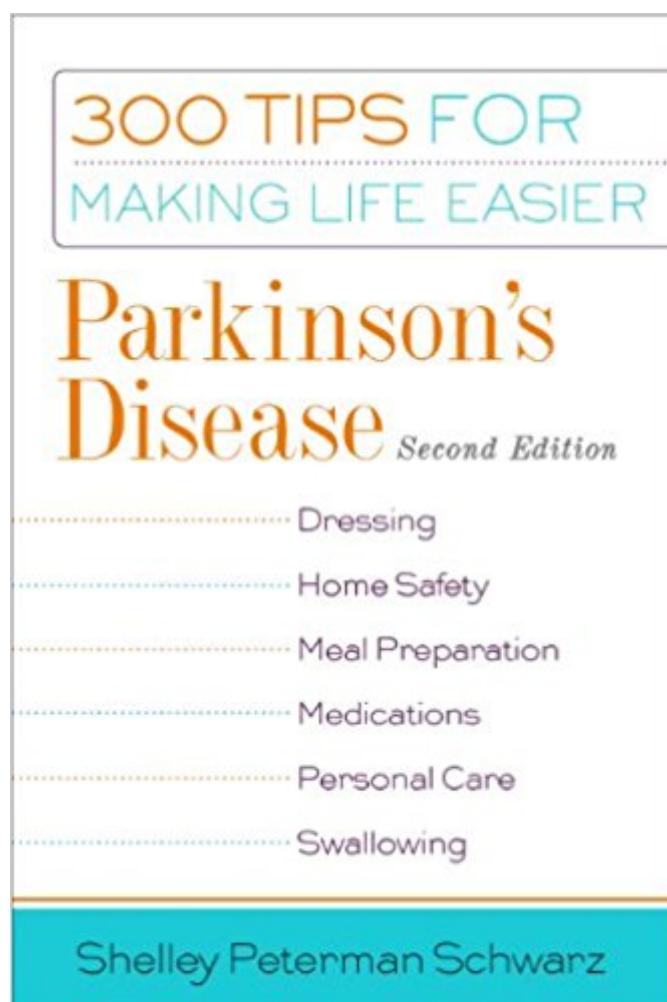


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# Parkinson's Disease: 300 Tips For Making Life Easier, 2nd Edition



## **Synopsis**

An indispensable resource for patients, families, and caregivers Filled with creative tips and techniques, this updated second edition of Parkinson's Disease: 300 Tips for Making Life Easier contains a wealth of ideas and shortcuts for working, organizing, simplifying, and conserving time and energy while living with Parkinson's disease. It includes: Ways to make your home safe and accessible, your mealtimes more pleasurable, and your communications easier Unique product suggestions that make daily living tasks less stressful Extensive resources to help you easily locate items and services"

## **Book Information**

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## **Customer Reviews**

"This [new] version, which has been updated to include new products and developments, concentrates on the person with PD, giving him or her easy-to-follow ideas organized by subject in a portable format...Schwartz's own experiences with multiple sclerosis make her sensitive to the needs for people with PD to be informed about their own needs and connected with those around them."-- Book News"The second edition updates and expands on ways to streamline daily activities and...make life less stressful... In a caring tone, she advocates independence and self-reliance." -- Parkinson's Disease Update"A book filled with tips that will help you make life easier for someone you care about or for yourself. This book begins with the basic concepts of living with PD and proceeds to help you with such subjects as home safety, grooming, communication, mealtimes,

exercise, medication, and also broaches the subject of cars and driving." -- The Nashville News"A collection of tried-and-true techniques, shortcuts, and resources to help patients and their caregivers. Arranged in categories of daily activities for easy reference, the book covers everything from 'Making Your Home Safe and Accessible' to 'Looking Good and Feeling Better.'" -- Fifty Plus"Her advice on making a home safe and accessible for those with the disease could be applicable to others with limited mobility. The book offers tips, techniques, shortcuts, and resources useful to those who have the disease, as well as their family, friends and caregivers." -- Orange County Home"...simply written and well organized. The information provided will be useful for people who are newly diagnosed with Parkinson's disease and are having difficulty restructuring their lives as well as caregivers who need some creative ideas and helpful resources." -- Divine, Inc."There is also PD-specific ideas for decorating, cleaning, and cooking; suggestions for maintaining health; resource lists for every ingredient and implement you'll ever need, etc. This is a very useful reference book." -- The PDF News"For easy reference, the book is categorized according to daily activities...The book is easy reading and the result of interviews with people with PD and the healthcare professionals and caregivers who care for them...Parkinson's Disease: 300 Tips for Making Life Easier is an excellent resource guide for people with PD and their caregivers and would be a good addition to the consumer health library." --CAPHIS Consumer Health Connections (CAPHIS Consumer Health Connections 20100503)

Shelley Peterman Schwarz and her husband, Dave, live in Madison, Wisconsin. At the time of her MS diagnosis in 1979, Shelley was working as a teacher of the deaf and mother to a 5- and 3-year old. She has received numerous awards and is an internationally acclaimed author, columnist, and TV and radio personality in the field of living well with a disability. Her "Making Life Easier" columns appear regularly in newspapers, magazines, newsletters, and on websites.

We have learned many of these tips but much more slowly, only by learning from friends with PD, haunting and reading review, and our trusty Occupational Therapist. There is actually one idea I had been considering that no one wanted me to do - remove our bathroom door and replace it with a curtain!If you are newly diagnosed or have a family member who is, this is an awesome practical resource. While the book provides resources for purchasing some items at the back, I often find that has a lower price.

This book takes into consideration every obstacle a person with Parkinson's will encounter.

Remarkably thorough, must be written by an expert care-giver. There are ideas in here I never heard of. It is encouraging on the whole just to know that someone else has experienced the same difficulties and has managed them. Good advice.

I find this book a listing of things I all ready found on the web. VERY LITTLE new information in the book. If you belong to a good Parkinson's support group and know how to use a computer, you shouldn't need this book.

My Husband and I both enjoyed this book. There were so many tips and ways to do things that will make my husband's life a little better. My husband freezes a lot and has a hard time walking but with your tip of lifting your legs and marching has made it a lot easier for him to walk. Everyone that has Parkinson's and their care takers should read this book

I have not totally finished this book, but the things I have read so far are things I have been able to identify with and put to practical use. Highly recommended for anyone who has Parkinson's or similar disease, and especially good for caregivers/spouses etc.

This is a great book which contains tips about how to handle life situations. People with Parkinson's Disease have unusual physical problems. This book address those problems and even provides companies and address of where to buy things.

This book has a lot to offer to a person/family who are facing PD early on. However, we're on 32 years of dealing with PD so for us, it was basic and knowledge we've already established or tried out. GREAT book if you're new to PD.

Great deal.

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