

Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

People with advancing Parkinson symptoms may not be able to follow some exercise programs due to changes in their physical or thinking abilities. It may be better to fit exercises and stretching into the daily routine that the person with PD enjoys, such as walking, gardening, housekeeping, or swimming. Answer True or False to the questions below.

1. Regular exercise can help people with PD stay more flexible, improve posture, and make overall movement (mobility) easier.
T F
2. Exercise can help the person with PD stay ahead of the changes that will take place and help the person feel more in control of the condition.
T F
3. No professional can treat difficulties with the activities of daily living (ADL) such as eating, dressing, bathing, and handwriting.
T F
4. Stretching helps combat the muscle rigidity (stiffness) that comes with PD.
T F
5. People with PD often take shallow breaths.
T F
6. Stretching increases range of motion of joints and helps with good posture. It protects against muscle strains or sprains, improves circulation, and releases muscle tension.
T F
7. Good physical fitness is made up of three types of exercise: stretching, strengthening, and aerobics, such as deep breathing and can help every person remain active as long as possible.
T F
8. Some people with PD complain of slowness in thinking and difficulty finding the right words.
T F
9. Stretching can be done at any time of day.
T F
10. To prevent falls, people with PD should avoid walking backwards.
T F

Name _____

Signature _____ Date _____