

Friends.

Friends in the
same boat
& who understand
Don't push.

CUPPING

MY WIFE

WHILE LISTENING

TO MUSIC

A cheerful
companion!

SOCIALISING

- FRIENDS
& FAMILY

MY GRANDDAUGHTERS

- TALKING &
PLAYING WITH
THEM

HAVING CLOSE

FRIENDS AND

CHILDREN

ROUND FOR A
MEAL OR A DRINK

My drive not to

lose what

I can do.

Love

Loyalty

Remembering the good times

Freedom from
family but couldn't
do without them

Meet other PwPs

Walking in natural surroundings

Take an interest in the
research into PD.

Eat chocolate

Having a supportive carer.

Gardening

bird watching

sleep

eating well

yoga

listening to music

Walking in a garden
and finding something
small that you
wouldn't have noticed
if you hadn't taken
the time

* Be Patient

As a carer -
going for a walk
on my own

Reading

[CATHY - says wife]

READING

EDUCATIONAL T.V.

[WALKING - but
bad ligament]

On-line jigsaws
as well as Solitaire

Listening to music

• Watching Harry Potter movies
is a stress buster for me.

• And I think talking to people
specially sharing my
thoughts with my parents.

• And of course food
Chinese noodles and soups
are bliss. Udit

Driving alone

I STILL ENJOY

DRIVING WHICH
ENJOYS LIZ AND I
TO GET A bit more
THAT NOLAN
Bill/Liz
Megan

reading

chocolate

DOING MY
ART

my cat

Doing a
crossword
with a
partner

PLAYING
COMPETITIVE
BRIDGE

taking pictures
&
editing

listen to
music

Art - Saved
my life.

Shopping for
Bargains.

being out in
fresh air

• Getting out every
day.

SCRABBLE

Dancing
(ballroom)

- * KEEP ACTIVE.
- * TAI CHI.
- * PILATES.
- * NORDIC WALKING.
- * TABLE TENNIS

Dog walking

Badminton

Playing golf
regularly
involves exercise
and socializing
plain chocolate
also helps!

Getting
out and
About

- Exercise on own
and with others
- maintaining family
activities
- getting outdoors

Activities
with
Friends
Pilates, Golf.

Walking (with
poles)

YOGA

LATIN
DANCING

Running

Swimming

Keep moving
and stay in
touch with others

BOWLS

Sports:

Tennis
Squash

no longer possible
sadly due to falls
New forms of exercise
(begin)

Tai chi

Walking
To be able to walk
free - run err.

Pilates class
for PwPs

SINKING A

LONG

PUTT

SQUASH

CYCLING

GOING OUT WITH
OUR CHILDREN

CROSSWORD
RECEPTOR.

WALKING

* JOGGING

* LAUGHING AT THE
DISEASE CONDITIONS