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## **Stay in touch**

### **Communication – and why it matters**

Top tips to help you get your messages across.

Even as your loved one's Parkinson's disease deteriorates, try to keep the lines of communication open.

The key elements of any relationship – such as being open and honest – should still be there, even though your roles and the way you interact may be changing.

'Keep involving the person you're caring for in everyday decisions, discussing pros and cons and explaining why you think A is a better option than B,' says Health Psychology Specialist Clare Moloney.

'If possible, try and involve your loved one in your plans for the future ~~(see page 7)~~ as this may be reassuring for them as well as for yourself.

### **Other key topics to communicate**

- Your feelings
- Changes to your routine
- Medication changes
- Changing roles.

Symptoms may sometimes make it hard to communicate with your loved one, but try not to use this as an excuse to avoid a conversation, particularly if it's a sensitive one or about difficult topics. Instead, just wait for a good moment to have the chat.