



\* Living Well with  
Parkinson's Disease!

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DNNI - Let's Talk About Brain Health and Brain Disease

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- \* Why is my arm so limp?
- \* Why is my writing so like a Doctor's - illegible?
- \* Why is it so difficult to brush my teeth?
- \* Why is my right leg limping?

\* **Something's wrong...**

\* 'ah yes, you have Parkinson's Disease, but don't worry, it won't kill you'

\* Your Parkinson's Disease will progress over time

\* We don't know what causes it or how to cure it

\* Apart from that, you're fine

\* **Diagnosis** and other things  
you don't want to hear  
**2 September 2009**





\* Devastation:  
I wasn't ready for this

\*Drugs

\*Denial

\*Depression

\*Deterioration

\*Every day. Every single day.

\*Daily...

\* 'You have to deal with this'

\* 'You must speak up'

\* All that I ever was, all that I want to be, is fading fast

\* It must stop now, or I will

**\* Decision: Deal with it!**

- \* The Multi-Disciplinary approach:
  - \* Speech & Language Therapy (LSVT Loud)
  - \* Physiotherapy (LSVT Big)
  - \* Occupational Therapy
  - \* Dietary advice
  - \* Running
  - \* Walking
  - \* And most importantly, Irish Set Dancing!
  - \* Plus, of course, regular medication
  - \* And all this helps build a positive outlook

**\*Therapy...and Irish Set Dancing!**

- \* We can all do with more exercise!
- \* Exercise can be great fun
- \* Exercising with a friend or a group increases social contact
- \* Getting out and about helps us feel good too!
- \* This is why I'm an optimist!
- \* I don't exercise because I've got PD

\* I exercise because it helps me  
feel good!



- \* We have a brilliant Public Health service...brilliant
  - \* 'Automatic' referral to all HSE services must happen immediately on diagnosis
  
- \* Consultants really must pay more attention: 15mins. Annual visit not good enough
  - \* The expert is ALWAYS the Person living with the condition: we are your lab work
  
- \* The language we use - STOP!
  - \* What if we say 'this person has PD but is progressing well given their outlook, exercise routine and social contacts'
  
- \* PD seeps into EVERYTHING in your life but we can slow it
  - \* Every step we take is a step away from PD taking over

**\*The Future:**  
**It's a life sentence, not a death sentence**