Navigating the Minefield that is Parkinson's Lessons Learned

John Baumann

Preparing for the Four Stages of Parkinson's

Pre-Honeymoon

LTD Insurance

Long-term Care Insurance

INITIAL DIAGNOSIS

- Confirmation Not Ready
- O Shock White Light
- O Denial Not just a river in Egypt
- Depression No kidding

Honeymoon

- O Who do you tell?
- C Family?
- O Work?

Parkinson's

When does the clock start?

Snowflake

YOU are NOT Parkinson's!!!

EDUCATE YOURSELF

BOTH THE DIAGNOSED AND THE CARE PARTNER

Healthier – Greens/Organic

Mediterranean Diet

Increased exercise

Do the Things You Love to do for as Long as you Can

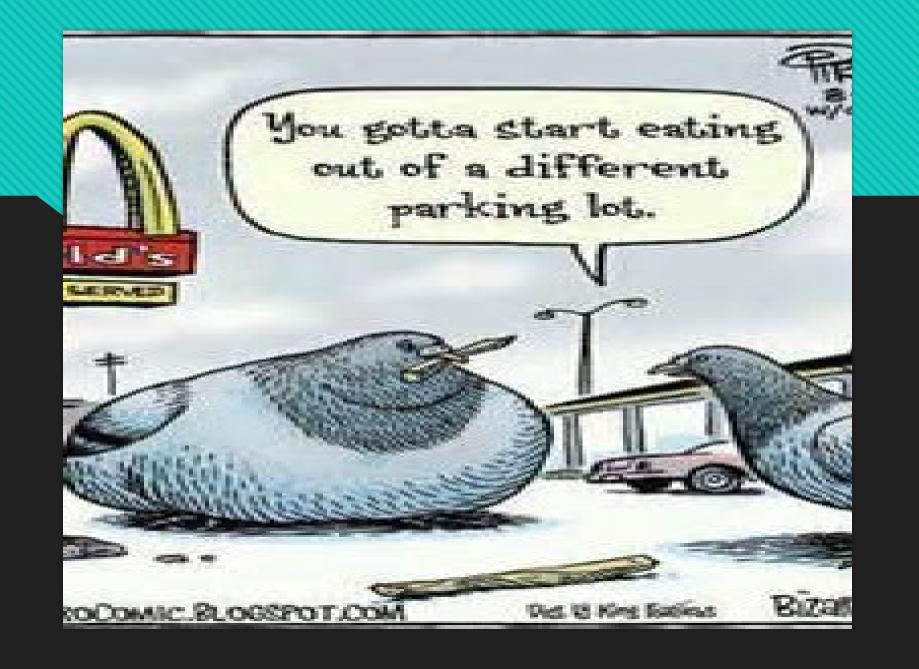
- Full-time Practice of Law for 7 more years (fatigue and non-motor)
- Tried a Lawsuit Pro bono.
- Wrote a Book on Success.
- Faculty of the University of Louisville for 10 years.

ACTION STAGE

DEFY THE DISEASE

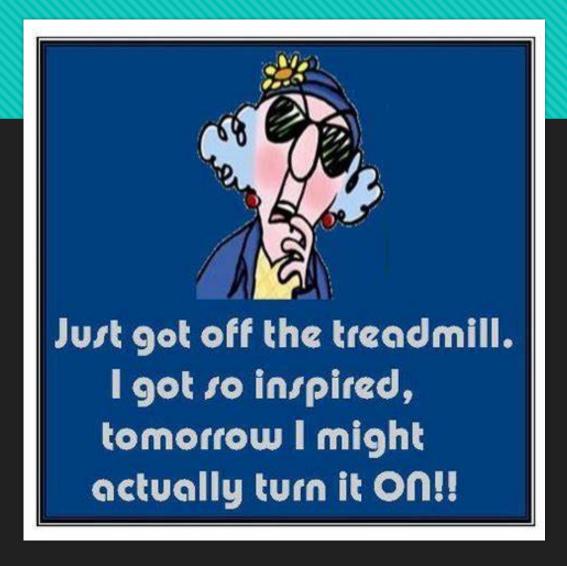
SURVIVE the Bad days CHERISH the Good ones

Increased focus on Healthy Diet



Intensify your exercise

(Shawn T. to Hot Yoga & Core)





More Fun At WWW. Funny Vooz. com

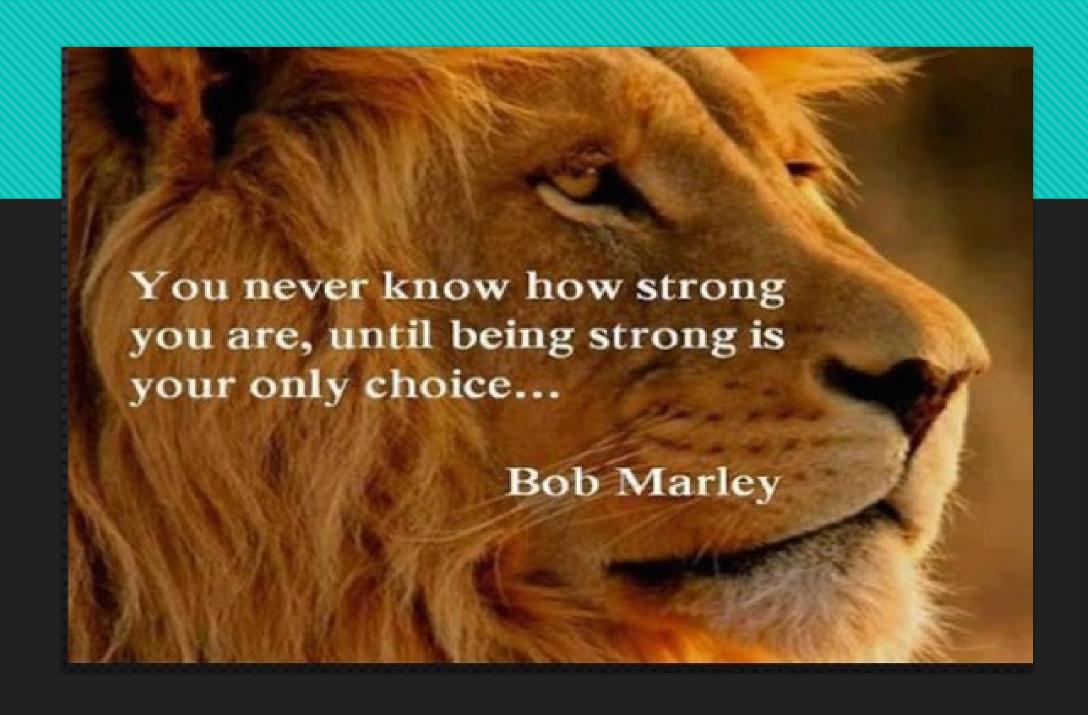
Poker Night

Never, Ever Lose Your Sense of Humor

Re-evaluate your purpose

Overboard – Impossible - Teach

ARE YOU PREPARED FOR THE NEXT STAGE?



DANGEROUS STAGE

Last chance at INDEPENDENCE

Adapt Your Environment

Davis Phinney

EVERY VICTORY COUNTS

Meds always close And Life Alert

HOPE YOU ARE NOTEASILY EMBARRASSED

BED

Stuck on the Toilet

Shower BATH?

GETING DRESSED

DRIVING

PROACTIVE

- O Potential Slippery Floor
- O Vacuum Cords
- Shoes
- O Throw Rugs
- O Carrying things (Pizza)

RESTLESSNESS

GETTING OUT OF CHAIRS

Travelling

- Clothing
- Compare the second of the s
- O Airplane Seats
- O Depends

Never, Ever Lose Your Sense of Humor

Safe Exercise when possible

SPORTS

- O Softball
- O Bicycling
- O Tennis



WALKING YES, WALKING

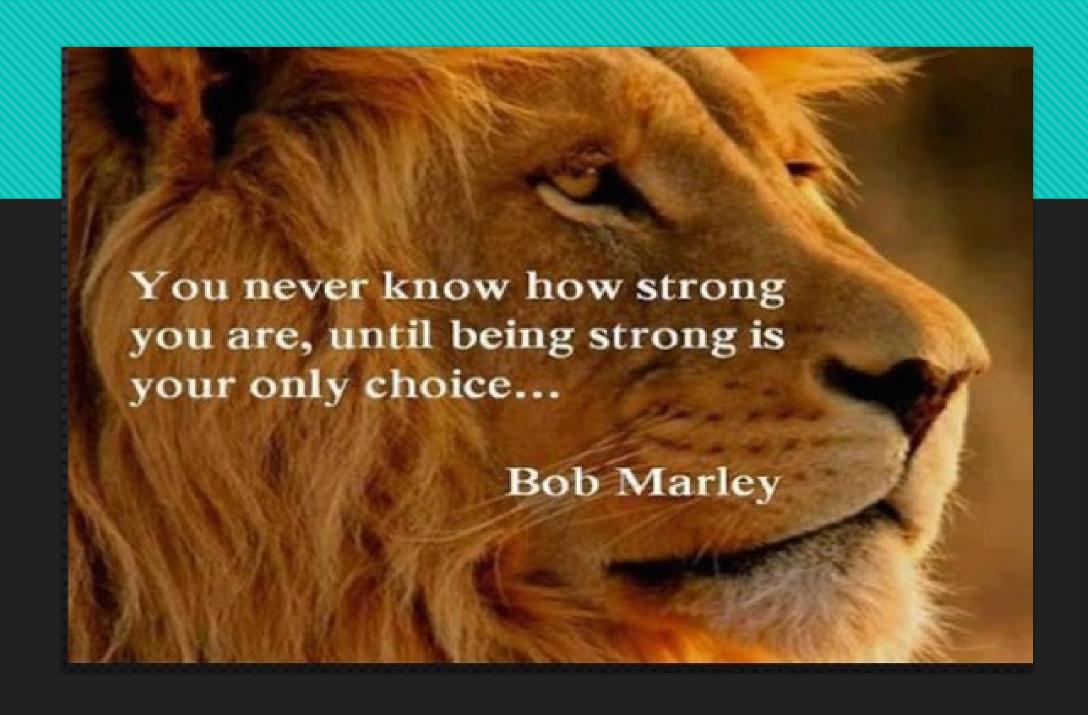
AVOID Close Encounters of any kind

21 Hours Wait for it...

Re-invent Your Purpose

Inspirational Speaker WJSHTHPD

DEPENDENCE





Still Exercise when possible

Guess what I'm going to say now

Uncover Your Purpose

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, or the smallest act of caring, all of which have the potential to turn a life around.

- Leo Buscaglia

YOU have something to live for.

"You Ain't Dead Yet"

Re-Claim Your Posi-spective

"This is a wonderfu dag. Tre never seen this one before." MAYA ANGELOU