

Tips for Living with Low Motivation

Low motivation is also known as **apathy** within the Parkinson's world.

Consider these tips when caring for a person living with Parkinson's Disease who is experiencing apathy:

- Create a daily schedule of activities they can easily follow
- Create a weekly goal for leisure activities – this could include trying a new restaurant, participating in a hobby, or attending an exercise class.
- Focus on one task, or one part of a task, at a time – small successes can help encourage further participation in activities
- Help them initiate tasks during the day – they may just need a little prompting from you
- Get plenty of sleep
- Prioritize exercise that is enjoyable
- Encourage participation in activities you know they used to enjoy
- Giving them a detailed check list of small tasks you need them to complete may help with task initiation and completion
- A large calendar with all events and appointments filled in can decrease anxiety and increase self-initiation of tasks

As the caregiver it is important to remember that apathy is not a form of laziness or a choice but rather a symptom of the disease. Continue to encourage your loved one to participate in as many daily activities as possible.