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 initiates 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.

Apathy. Parkinson's Foundation. (n.d.). https://www.parkinson.org/understanding-parkinsons/non-movement symptoms/apathy#:~:text=Tips%20for%2 0Living%20with%20Apathy&text= Create%20a%20daily%20schedule%20of,to%20a%20restaurant%2C%20for%20example.

Managing apathy when you have parkinson's. Parkinson's UK. (n.d.). https://www.parkinsons.org.uk/inf ormation-and-support/your-magazine/tips/managing-apathy-when-you-have-parkinsons