

My walking is fine as long as no one talks to me

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Why do I find it difficult to walk when distracted?

- The other activity such as talking takes your focus away from your walking.
- The automatic pilot in the brain does not take over the control of your walking.
- While your attention is distracted by the other task your walking may suffer.

When might this happen most?

- When there are other people around who will distract you.
- When you are doing something else as well as walking such as housework or shopping.
- When you are unable to focus on your walking.

What can I do about it?

Identify which activities are difficult to perform, e.g. walking and carrying an item, walking and talking. If possible do one element of a task at a time, e.g. stop to read a list then continue to shop.

Concentrating on your walking – taking large steps, making wide turns – can help keep you safe when there are distractions around.

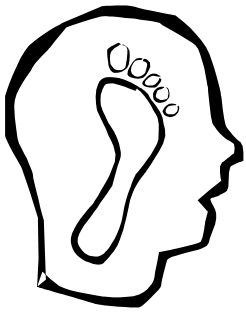
This information was prepared
by members of the Rescue
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Use a metronome beat is a way of focusing your attention
on to your stepping.



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If you are at risk of falling when doing two things at once, avoid the situation. Consider finding an alternative way of performing the activity. An occupational therapist is likely to be able to offer advice.

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