



Carers can cue too

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Using cues is about providing prompts not physical assistance. People with Parkinson's disease may need instructions and you should not feel guilty about giving them. You are aiming to help the person you are caring for improve the quality of their movement and therefore do as much as possible for themselves.

What can I do when the person I am caring for ... ?

... walks slowly or with shuffling steps

Walk beside them at a steady pace and encourage them to match their footsteps to yours.

Count in a steady rhythm to encourage regular longer steps.

... has difficulty initiating the first step or freezes

Encourage the person to stand tall with feet wide. A steady count to sway to can help to unlock.

Give a target to step over, e.g. point to a pattern on the carpet.

Encourage big steps. Often if you can avoid shuffling you can avoid freezing.

Give them prior warning of something that can cause freezing. Use a strategy such as counting out loud to enable stepping to continue.

... has difficulty turning

Give as much room as possible, do not stand too close to someone.

Ensure you turn together in an arc, not sharply.

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... gets stuck in the chair

Give short, clear commands for each stage of the movement, e.g. come to the front of the chair, etc.

... has a stooped posture

Give feedback about how straight they are sitting or standing.

Provide a target ahead to focus on to encourage straightening.

... has a tendency to feel unsteady

Avoid distracting with too much talking whilst walking as they may need to concentrate on their steps.

Bring deterioration in walking to their attention and encourage larger steps by example or by counting.

Encourage them to walk tall rather than leaning on you.

... has difficulty doing two things at once

Help them to break tasks down so that one element is completed at a time as far as possible.

If you notice they walk poorly when they are distracted, draw their attention back to their stepping.

... can't walk as far or as fast

Think about a realistic target distance to walk, and try to gradually increase it over time.

Providing a steady pace will prevent them from walking with short, shuffling steps which is tiring.

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... feels stiff

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Performing simple exercises together, perhaps to music, will benefit you both.

Encourage large, full range movements.

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