

OUR RELATIONSHIP SELF-ASSESSMENT

Parkinson's can affect many of your relationships, especially with your partner. Communication is crucial: make time to talk openly and honestly with your partner about your relationship. Questions to consider as you have a candid conversation with your partner include:

What has changed in our relationship that we are reluctant to discuss?

What could I do to make the relationship stronger?

What am I doing that is causing unnecessary stress on the relationship?

What is working well?

What needs more attention?

Could we meet with a specialist for guidance?

EVERY VICTORY COUNTS