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*April 18, 2023*

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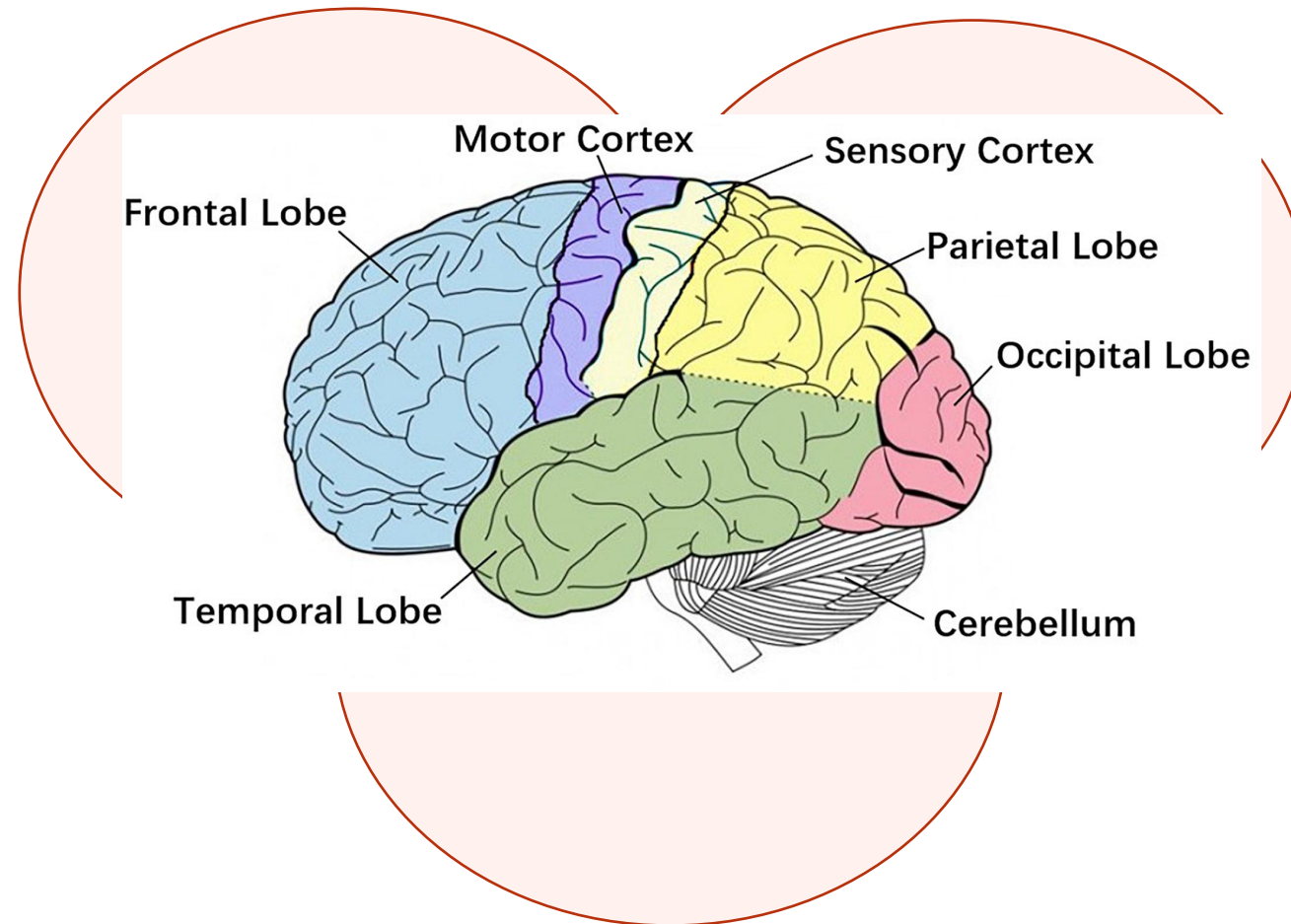
*Department of Clinical and Health Psychology*



# The Neuropsychology of Parkinson's Disease

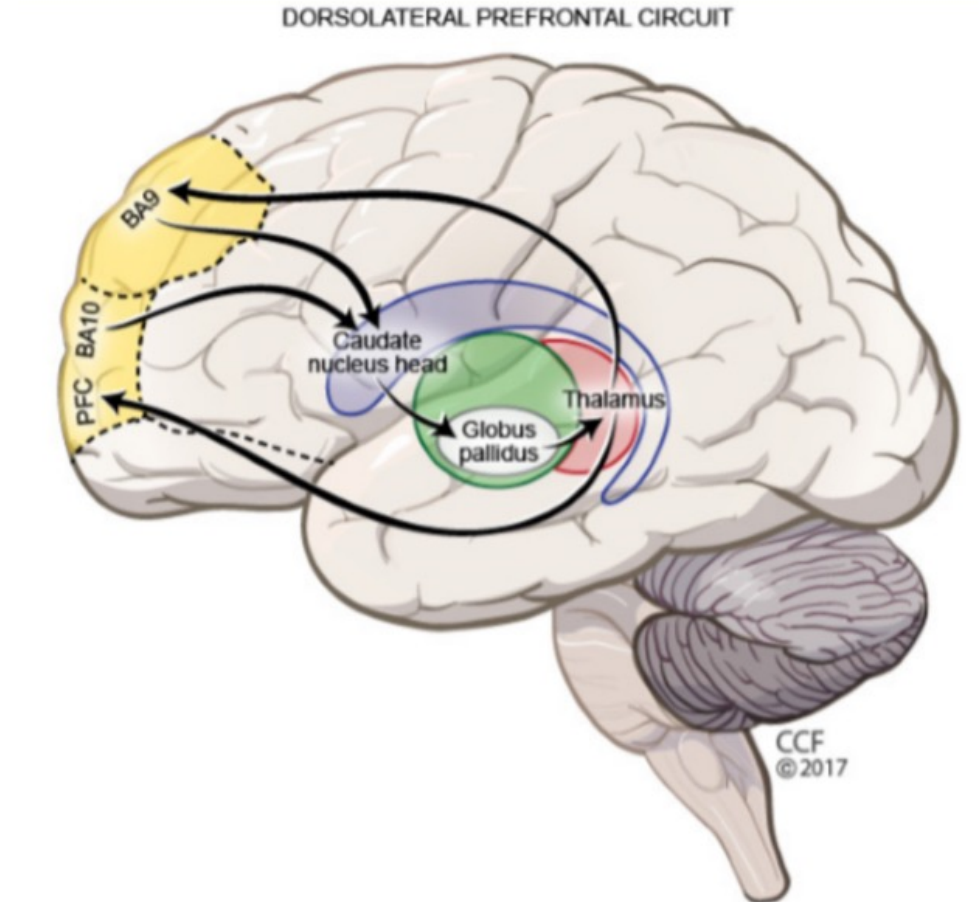
*Living Well With PD Education Symposium  
Parkinson's Association of Southwest Florida*

# Neuropsychology – What is it?

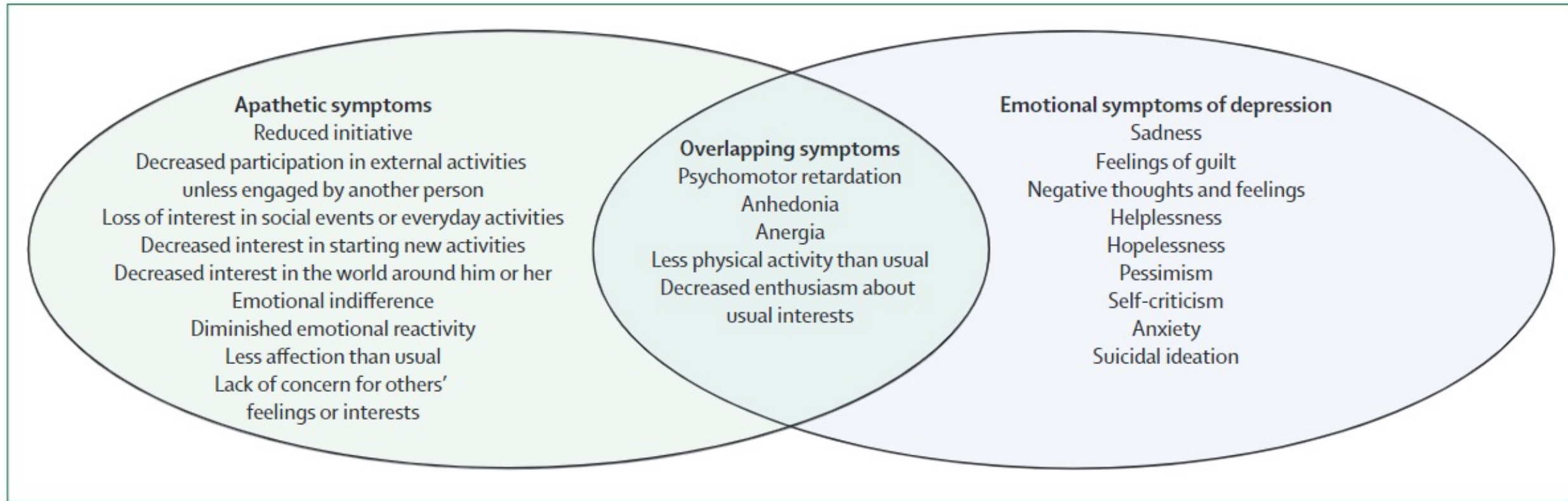


# Cognition

- *Cognitive slowing*
- *Difficulty with multi-tasking*
- *Forgetfulness*
- Each person's progression is unique
- Assessed with standardized tools by a neuropsychologist



# Mood



# Living well with PD...

*“What can I do?”*



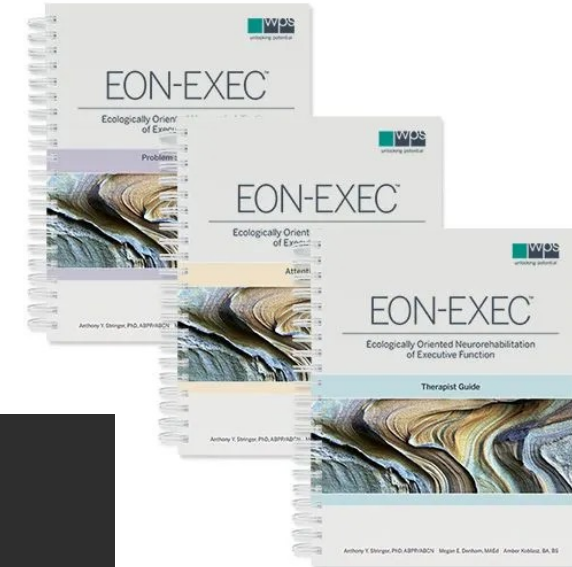
# Parkinson's Active Living (PAL) Program

- Program Coach
- Planning Session
  - **SMART Goals**
    - S=Specific (physical exercise...walking)
    - M=Measurable (walk 10 blocks...walk 30 minutes)
    - A=Attainable (can I reasonably walk 10 blocks?)
    - R=Realistic (is 10 blocks 3x per week realistic for you?)
    - T=Timely (I will walk on Monday, Wednesday, Friday at 8AM)
- Weekly Check-ins



# Cognitive Training...Tips and Tricks!

- Executive Functioning Tips and Tricks
  - Do one thing at a time
  - Limit distractions
  - Extend deadlines/timelines
- DIRECT Strategy
  - D=Distractions
  - I=Interruptions
  - R=Rate
  - E=Earnings
  - C=Complexity
  - T=Tiredness



**Thank you!**

