

Disability Campaign.org

Fun Activities for People with Parkinson's Disease



Photo: (left to right) Elaine, a volunteer with Parkinson's, and Joni Eareckson Tada, JoniAndFriends.org.

If you or someone you know has Parkinson's disease that does not mean you cannot participate in fun activities. Below is a list of activities that can be safe, fun, and even helpful in relieving the symptoms of Parkinson's disease.

Remember to check with your doctor(s) prior to engaging in any new activity, especially when it requires physical exertion, to verify that such activities are safe considering your health, medications, etc.

- **Take walks.** As your doctor may have already explained to you, exercise is an important part of treatment for Parkinson's disease. Try taking a stroll around the neighborhood or a local park. Preferably, find places where that have benches where you can sit and rest in between your walk. If you are going out with a friend or family, remind them that you may need to stop at times or walk at your own pace. Don't overdo it and if at any moment you do not feel well, ask for help.
- **Take a dance class modified for people with Parkinson's disease.** Ask your doctor or search online for dance classes modified for people with Parkinson's disease. These classes are done as a group and can be very fun as well as give you the opportunity to make new friendships.



Image: DanceForParkinsons.org

- **Join a choir or singing group.** Going out to practices and performing before others will give you something to focus on and will keep you socially active.
- **Volunteer.** Organizations are always looking for volunteers, some for short term projects and others for volunteers who can serve on a regular or weekly basis. If traveling to a nonprofit is not an option, look into virtual volunteering opportunities, where you can serve from home. Helping others will give you a sense of purpose and help you focus on the positives of life.
- **Play games.** This is especially helpful if you are trying to find things to do with your family, such as your kids or grandchildren. Ask a family member to help you by shuffling and dealing cards. Some electronic games, such as the Nintendo Wii, use game controllers that don't require fine motor skills to operate.
- **Read.** Are you a book worm? Take a visit to a local bookstore and browse through books. Walking around will help with your mobility. Once you find a book you like, take a seat and do some reading or purchase it to take it home.
- **Learn a new language or take a class on a topic of interest.** You can do this from home using a computer program or an online website. Check with your local community college to see what classes are available to the community.
- **Paint, draw, or take photographs.** If you really enjoy artwork, consider going to an art gallery or visiting a museum. Your works of arts could even serve as gifts for others if going out and shopping is challenging for you.
- **Write a blog or journal.** With assistive technology such as Dragon NaturallySpeaking or Siri, you don't even have to use your hands to write; all you need is your voice.



Image: Nintendo.com

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P.O. Box 3333, Agoura Hills, CA 91376

www.joniandfriends.org