BRAIN WELLNESS TIPS & STRATEGIES
FOR PARKINSON'S WORKSHOP
PRESENTED BY MARIA SERBUS, OCCUPATIONAL THERAPIST AT EXERCISABILITIES
BRAIN WELLNESS

Nutrition

Exercise & movement

Relaxation

Brain Supports
Brain health can be supported by

- Getting adequate sleep
- Providing opportunities for your brain to rest during the day
- Meditation/prayer
COGNITION SCREEN

DISCUSSION
Brain Supports

**Compensatory Strategies**
- Cueing
- Visual Aides

**Brain Training**
- Activities to help sustain
  - attention
  - memory/recall
  - orientation
- Practicing the difficulty activity with **repetition**
- Completing an activity **with** care support person
Compensatory Strategies Include:

- Visual cues (tape on the floor)
- Auditory cues (metronome for the beat)
- Verbal prompts from a support person
- Visual aides to:
  - Assist with sequencing through an activity
  - Calendar for orientation/schedule
Brain Training

- Reading
- Journaling
- Coloring
- Baking
- Card Playing
THANK YOU!

FOR FURTHER QUESTIONS, ABOUT TODAY’S CONTENT EMAIL: MARIA@EXERCISABILITIES.ORG
OR CONNECT WITH YOUR LOCAL OT PROVIDER, COUNSELOR, WELLNESS ADVOCATE (PRIMARY CARE, ETC)

THOSE FROM THE LOCAL ROCHESTER COMMUNITY: PLEASE CALL US AT EXERCISABILITIES!