

Cwmpo a Parkinson's

Mae'r wybodaeth sydd yma'n edrych ar rai o'r rhesymau pam fyddai pobl sy'n dioddef o Parkinson's yn gallu cwmpo.

Mae'n cynnig rhai syniadau am sut i osgoi cwmpo, ac yn egluro pa weithwyr proffesiynol all gynnig cefnogaeth i chi.

Beth allai beri imi gwmpo os oes gen i Parkinson's?

Mae colli'ch cydbwysedd a chwmpo yn effeithio ar lawer o bobl sydd â Parkinson's, ac mae hi'n broblem sy'n dueddol o waethygu dros gyfnod o amser. Er hynny, mae profiad pawb o'r afiechyd yn wahanol, ac mae'n bosib na fydddech chi'n dioddef o'r anawsterau hyn.

Os ydy Parkinson's arnoch chi, efallai y byddwch yn cwmpo oherwydd:

- fod eich cydbwysedd yn wael
- fod eich camau'n rhy fyr neu'n amrywio o ran hyd
- fod eich breichiau'n aros yn llonydd wrth ichi gerdded
- symudiadau anfwriadol (dyskinesia), sef sgil-effaith rhai cyffuriau a gymerir at Parkinson's

Gallai'r canlynol fod yn rhesymau eraill am gwmpo:

Fferru

Mae rhai pobl sy'n dioddef o Parkinson's yn cwmpo am eu bod yn cael trafferth i gychwyn symud, neu eu bod yn 'fferru' wrth symud. Fferru ydy stopio'n sydyn, a gallai bara am ychydig eiliadau neu funudau. Os ydy hyn yn digwydd, gallech deimlo bod eich traed wedi eu glynu i'r llawr neu eich bod yn methu symud yn hawdd, a bod hynny'n gwneud ichi deimlo'n ansad ar eich traed. Gall hyn wneud cwmpo'n fwy tebygol. Os ydych chi'n cael trafferth oherwydd bod effaith eich meddyginiaeth yn lleihau

cyn ei bod yn bryd cymryd eich dos nesaf, efallai y byddwch yn fferru'n amlach.

Trafodwch hyn gyda'ch arbenigwr neu nyrs Parkinson's, gan fod posib iddynt addasu eich meddyginiaeth.

Rhagor o gyngor: chwiliwch am ein gwybodaeth am fferru a Parkinson's.

Osgo

Fel y mae Parkinson's yn datblygu, gall eich osgo newid. Efallai y byddwch yn crymu mwy, a'ch cyhyrau yn mynd yn fwy anhyblyg. Os ydy'r cyhyrau yn fwy anhyblyg, byddech efallai'n fwy tebyg o gwmpo, gan fod symud eich corff yn fwy anodd, a bod amddiffyn eich hunan petaech chi'n colli'ch cydbwysedd hefyd yn anoddach.

Gwendid cyffredinol yn y cyhyrau

Os oes gennych chi Parkinson's, efallai y byddwch chi'n llai egniol nag yn y gorffennol. Gall hyn achosi i'ch cyhyrau wanhau a chynyddu'r risg o gwmpo. Gall parhau i ymarfer corff helpu'r cyhyrau a'r cymalau rhag mynd yn anhyblyg ac anystwyth.

Problemau gyda phwysedd gwaed

Gall problemau gyda phwysedd gwaed effeithio ar bobl yn gyffredinol wrth iddynt heneiddio, ond mae'n bosib i feddyginiaeth ar gyfer Parkinson's achosi sgil-effeithiau, gan gynnwys problemau gyda phwysedd gwaed. Gall hyn arwain at ddioddef o'r bendro a chwmpo. Os ydych chi'n teimlo'n benysgafn, neu wedi cwmpo oherwydd pendro, holwch eich meddyg teulu neu nyrs y practis i wirio'ch pwysedd gwaed wrth ichi sefyll ac wrth eistedd, rhag ofn ei fod yn rhy isel.

Gall rhai cyffuriau a ddefnyddir i drin cyflyrau meddygol fel pwysedd gwaed uchel wneud pendro'n waeth, yn enwedig os ydych chi'n colli pwysau neu'n bwyta ac yfed yn salach nag yr oeddech chi.

Isbwysedd osgo (postural hypotension) yw gostyngiad sydyn mewn pwysedd gwaed wrth newid osgo, fel codi o'ch cadair er enghraifft. Gall hyn wneud ichi deimlo'n benysgafn iawn, a bydd hyn yn cael effaith ar eich balans. Mae'n bosib y byddwch yn dioddef o isbwysedd osgo fel un o symptomau Parkinson's. Ond gall hefyd gael ei achosi gan y cyffuriau a ddefnyddir i drin Parkinson's.

Gellwch osgoi pendro ar brydiau drwy gymryd eich amser. Er enghraifft, cyn codi o'ch gwely, eisteddwch ar erchwyn y gwely gyda'ch traed yn cyffwrdd y llawr am ychydig funudau er mwyn rhoi amser i'r gwaed ddechrau llifo. Yna, codwch ar eich traed yn raddol, ond gan beidio dechrau cerdded ar unwaith – sefwch am ychydig nes y byddwch yn teimlo'n sad.

Rhagor o gyngor: chwiliwch am ein gwybodaeth am isbwysedd gwaed a Parkinson's.

Problemau gyda'r llygaid

Weithiau bydd pobl sy'n dioddef o Parkinson's hefyd yn cael problemau gyda'u llygaid. Gall cael anhawster i symud y llygaid, a sgil-effeithiau rhai cyffuriau at Parkinson's (gan gynnwys anticholinergics) achosi i'r golwg bylu. Os ydych chi'n methu gweld rhwystrau yn glir, mae'n gwneud hi'n fwy tebyg y byddech chi'n cwmpo.

Efallai y byddwch hefyd yn cael trafferth i farnu'r gofod sydd o'ch cwmpas, neu asesu'n gywir faint o le sydd rhwng pethau. Gallai hynny olygu y caech broblemau wrth gerdded heibio pethau neu drwy le cyfyng. Gall sbectol ddeuffocal hefyd effeithio ar ba mor dda y medrwch farnu pellter pethau.

Rhagor o gyngor: chwiliwch am ein gwybodaeth am lygaid a Parkinson's.

Lleihau'r risg o gwmpo

Mae'n bwysig cael help a chynghor ar sut i osgoi cwmpo. Hyd yn oed os nad ydych erioed wedi cwmpo o'r blaen, gall pryderu neu ofni cwmpo gynyddu'r siawns ohono'n digwydd.

Mae yna lawer o ffyrdd o leihau eich risg o gwmpo. Isod, mae awgrymiadau gan ffisiotherapyddion a therapyddion galwedigaethol er mwyn helpu gyda phroblemau cydbwysedd.

Gall eich meddyg teulu neu nyrs Parkinson's hefyd roi cyngor ichi ar sut i osgoi damweiniau, neu eich cyfeirio at ffisiotherapydd neu therapydd galwedigaethol (am ragor o wybodaeth, chwiliwch yn yr adran 'Gweithwyr proffesiynol all eich helpu').

Ceisiwch osod rhythm wrth gerdded

Rhowch gynnig ar gyfri'ch camau, neu gerdded yn eich unfan, camu dros batrymau ar y llawr, mwmian

neu ganu dan eich gwynt. Gallech ailadrodd gair neu ddywediad fel 'cerdda'n syth' neu 'camau breision' er mwyn eich helpu i ganolbwyntio wrth gerdded.

Symud i guriad

Gall gerdded i guriad metronome eich helpu i gynnal rhythm arbennig, neu eich helpu i ailgychwyn os ydych chi'n fferru. Dyfais sy'n tician, ac yn cael ei ddefnyddio gan gerddorion i'w helpu i gadw at guriad ydy metronome. Gellir eu prynu mewn siopau offerynnau cerdd neu ar lein.

Canolbwyntio ar gymryd camau mwy a siglo'ch breichiau

Bydd cymryd camau breision yn eich helpu i siglo mwy ar eich breichiau. Bydd siglo'r ddwy fraich yn eich helpu i gadw'ch cydbwysedd wrth gerdded.

Symud eich pwysau

Ceisiwch symud eich pwysau o un goes i'r llall, neu gymryd cam yn ôl cyn symud yn eich blaen. Os byddwch yn fferru, efallai y gallwch ailgychwyn drwy siglo mymryn o un ochr i'r llall.

Gofyn i ffrind am help

Os ydych chi allan yng nghwmni ffrind, a'ch bod yn fferru, gallant eich helpu drwy ddal eich braich a chynnal eich cydbwysedd tra byddwch chithau'n canolbwyntio ar ailgychwyn symud.

Osgoi pethau sy'n tynnu sylw

Ceisiwch ganolbwyntio a chaniatáu i gyn lleied â phosib o bethau dynnu eich sylw – peidiwch â cherdded a siarad ar yr un pryd os oes modd. Os ydych chi eisiau dweud rhywbeth, oedwch a chyffwrdd â rhywbeth solat, fel postyn lamp, os ydych chi eisiau siarad. Os oes angen ichi groesi ardal brysur, cynlluniwch eich taith mewn pytiau byrion, fel nad oes raid ichi ganolbwyntio ar wneud gormod ar yr un pryd.

Arafu wrth droi

Os oes angen ichi newid cyfeiriad, ceisiwch beidio â throï'n rhy sydyn na throï yn eich unfan. Mae'n well arafu a chymryd camau ychwanegol i gerdded mewn hanner cylch. Ceisiwch ddychmygu fod eich traed yn dilyn y rhifau ar wyneb cloc. Cymrwch bwyll.

Meddyginiaeth Parkinson's

Mae sut y mae'ch symptomau yn ymateb i'ch meddyginiaeth yn cael effaith ar eich risg o gwmpo.

Er enghraifft, gallech fferru'n sydyn a dirybudd wrth i effaith eich meddyginiaeth leihau a heb fod yn gweithio cystal, a gall hyn wneud ichi gwmpo. Felly, gall unrhyw newid mae'ch arbenigwr neu eich nyrs Parkinson's yn ei wneud i'ch meddyginiaeth er mwyn lleihau fferru hefyd leihau'r tebygolrwydd o gwmpo.

Ar brydiau, mae Parkinson's yn gallu peri i bobl gerdded yn gyflym iawn, fel petaent yn rhedeg. Gall hynny hefyd achosi cwympiadau.

Os nad ydy'r cyffuriau rydych chi'n eu cymryd yn gweithio cystal ag yr oeddent, neu os ydych chi'n meddwl eich bod yn cwmpo oherwydd sgil- effeithiau'r cyffuriau hynny, holwch eich arbenigwr neu nyrs Parkinson's am y posibilrwydd o newid lefel eich meddyginiaeth. Os cewch chi gyfnodau o benstandod, allai achosi ichi gwmpo, gofalwch eich bod yn cymryd eich meddyginiaeth yn ôl y cyfarwyddiadau.

Peryglon o gwmpas y cartref

Mae llawer o bethau o gwmpas y cartref allai achosi ichi gwmpo, gan gynnwys lloriau llithrig, carpedi rhydd a blerwch cyffredinol. Dyma rai cynghorion ar sut i leihau'r peryglon yn eich cartref:

- Ceisiwch glirio cymaint o flerwch ag y medrwch a threfnu'r dodrefn fod bod symud o gwmpas mor hwylus ag sy'n bosib.
- Gall canllawiau fod yn ddefnyddiol mewn manau cyfyng, fel toiledau neu ystafelloedd ymolchi neu wrth y grisiau. Gall rhoi matiau gwrthlithro yn yr ystafell ymolchi hefyd fod o gymorth.
- Sicrhewch fod digon o olau yn eich cartref.
- Gosodwch stribedi o dâp lliwgar ar ymyl grisiau er mwyn eu gwneud yn fwy amlwg a'ch atgoffa i godi eich traed.
- Gall gorchuddion llawr fod yn beryglus ar brydiau. Er enghraifft, gall y patrwm ar rai carpedi fod yn ddryslyd i'r llygaid. Trafodwch y posibilrwydd o roi stribedi o dâp neu ôl traed plastig ar y carped gyda therapydd galwedigaethol neu ffisiotherapydd. Gallai'r rhain roi arweiniad ichi mewn manau lle gallech gwmpo, fel tro anodd yn y grisiau, neu mewn drysau.
- Cadwch eitemau sy'n cael eu defnyddio'n aml yn agos at law neu mewn cwpwrdd o fewn cyrraedd,

fel nad oes raid ichi blygu neu ymestyn yn rhy bell i gael gafael arnynt.

- Gofalwch fod gennych rifau cyswllt wrth law rhag ofn argyfwng. Cadwch eich ffôn mudol yn eich poced, neu newidiwch eich prif ffôn yn un heb geblau, fel y medrwch ei gario o gwmpas, rhag ofn ichi gwmpo a bod angen galw am help. Gofalwch beidio brysio, hyd yn oed os ydy'r ffôn yn canu neu fod rhywun yn curo'r drws.
- Os ydych chi'n dueddol o gwmpo, efallai y byddai system larwm cymunedol o fudd ichi. Golyga hyn wisgo dyfais fach sydd â botwm i'w bwysio i alw canolfan ymateb frys, fyddai'n anfon rhywun draw i'ch helpu. Gallwch gael gwybodaeth am gynllun felly'n lleol drwy'r adran gwasanaethau cymdeithasol neu adran iechyd a gofal cymdeithasol. Fel arfer, codir ffi fach am y gwasanaeth hwn.

Dulliau eraill o leihau'r risg o gwmpo

Ymarfer corff

Po fwyaf ffit ac egniol ydych chi, gorau yn y byd y bydd eich corff yn gallu ymateb i'r gofynion a roddir arno, gan eich gwneud yn llai tebygol o gwmpo a brifo. Mewn rhai ardaloedd yn y Deyrnas Gyfunol, gallwch gael eich cyfeirio am adolygiad ffitrwydd drwy'r Cynllun Cyfeirio Ymarfer [Exercise Referral Scheme]. Yn dilyn yr adolygiad, gall athro ffitrwydd deilwra rhaglen i gyfarfod â'ch anghenion unigol chi. Mae'n bosib y gall eich meddyg teulu roi gwybod ichi am gynlluniau sydd ar gael yn eich ardal chi, a'ch cyfeirio atynt.

Mae'r Fenter Ffitrwydd Gynhwysol [Inclusive Fitness Initiative (IFI)] yn cefnogi canolfannau hamdden mewn ymdrech i ddarparu adnoddau sydd yn hygyrch i bawb, gan gynnwys darparu offer wedi'i addasu ar gyfer pobl anabl. Gallwch ddod o hyd i'ch canolfan IFI agosaf ar y wefan hon www.activityalliance.org.uk/get-active

Rhagor o gyngor: chwiliwch am ein gwybodaeth am ymarfer corff a Parkinson's.

Offer a chymhorthion cerdded

Mae'n bosib y byddai offer o fudd ichi wrth gerdded, fel ffon neu 'rollator' (ffrâm gydag olwynion arno). Cyn dechrau defnyddio unrhyw gymorth at gerdded, mae'n bwysig cael cyngor gan ffisiotherapydd. Nid

yw pob math o gymhorthion yn cael eu hargymell ar gyfer pobl sydd â Parkinson's, gan eu bod yn cael effaith ar eich patrwm cerdded a gwneud cwmpo yn fwy tebygol. Er hynny, mae'r cymorth cerdded cywir yn gallu rhoi hwb i'ch hyder a'ch helpu i godi'ch traed yn well.

Esgidiau

Efallai y byddech yn teimlo fod esgidiau gyda sodlau isel neu fflat yn haws cerdded ynddynt. Ceisiwch osgoi gwisgo esgidiau heb gynhaliaeth ynddynt, fel sliperi llipa. Gall therapydd galwedigaethol neu ffisiotherapydd roi cyngor ichi am y math o esgidiau i'w gwisgo, a dulliau o wneud y llefydd lle byddwch yn cerdded yn haws ac yn fwy diogel.

Gweithwyr proffesiynol all eich helpu

Os ydych chi'n cael trafferth gyda chwmpo, gwnewch apwyntiad i weld eich meddyg teulu, eich arbenigwr neu nyrs Parkinson's er mwyn trafod beth ellid ei wneud i wella'ch cydbwysedd a'ch diogelu. Gall y gweithwyr proffesiynol sy'n dilyn eich helpu:

Ffisiotherapyddion

Gall ffisiotherapydd roi mwy o hyder ichi a lleihau'r ofn o gwmpo. Gallant hefyd ddysgu technegau ichi fydd yn eich helpu i gyrraedd y llawr yn ddiogel a chodi eto petaech chi'n cwmpo. Yn aml iawn, bydd ffisiotherapydd yn gweithio gyda therapydd galwedigaethol er mwyn cael gwared ag unrhyw beryglon baglu yn eich cartref.

Holwch eich meddyg teulu, eich arbenigwr neu nyrs Parkinson's ynglyn â chael eich cyfeirio am ffisiotherapi cyn gynted ag sy'n bosib yn dilyn cael eich diagnosis. Mewn rhai ardaloedd, gallwch hunangyfeirio yn yr ysbyty leol neu ganolfan iechyd gymunedol, gan ddibynnu ar y math o wasanaeth sydd ar gael.

Gall y Gymdeithas Ffisiotherapi Siartredig eich helpu i ddod o hyd i ffisiotherapydd preifat. Bydd eu manylion cyswllt yn yr adran 'Mwy o wybodaeth a chefnogaeth'.

Mae rhai grwpiau lleol Parkinson's yn cynnal sesiynau wedi'u harwain gan ffisiotherapydd – holwch eich grŵp lleol am fanylion. Ffoniwch ein llinell gymorth ar **0808 800 0303** neu porwch ein gwefan parkinsons.org.uk/localgroups i ddod o hyd i grwp sy'n lleol ichi.

Rhagor o gyngor: chwiliwch am ein gwybodaeth am ffisiotherapi a Parkinson's.

Therapyddion Galwedigaethol

Gallai therapydd galwedigaethol awgrymu strategaethau fydd yn helpu lleihau'r risg o gwmpo. Byddent efallai'n gallu gofyn ichi gadw dyddiadur cwmpo er mwyn gallu olrhain pryd, lle a sut rydych chi'n cwmpo. Gallent argymhell offer fyddai'n gallu lleihau'r risg o gwmpo, neu eich helpu i godi eto petaech yn cwmpo.

Fel arfer, gallwch gysylltu â therapydd galwedigaethol drwy eich meddyg teulu, yr adran gwasanaethau cymdeithasol neu'r ymddiriedolaeth iechyd a gofal cymdeithasol. Gallech hefyd ofyn i'r meddyg teulu, eich arbenigwr neu nyrs Parkinson's eich cyfeirio at uned adferiad os ydych chi angen gweld gweithwyr proffesiynol eraill, fel ffisiotherapydd neu therapydd iaith a lleferydd.

Gallwch hefyd dalu am therapi galwedigaethol preifat. I ddod o hyd i therapydd galwedigaethol preifat yn eich ardal chi, cysylltwch â'r Coleg Therapyddion Galwedigaethol Brenhinol. Bydd eu manylion cyswllt yn yr adran 'Mwy o wybodaeth a chefnogaeth'.

Rhagor o gyngor: chwiliwch am ein gwybodaeth am therapi galwedigaethol a Parkinson's.

Mwy o wybodaeth a chefnogaeth

Cymdeithas Siartredig Ffisiotherapi

020 7306 6666

www.csp.org.uk

Coleg Brenhinol Therapi Galwedigaethol

020 3141 4600

hello@rct.co.uk

www.rcot.co.uk

Nyrsus Parkinson's

Mae nyrsys Parkinson's yn darparu cyngor arbenigol a chefnogaeth i bobl sy'n dioddef o Parkinson's a'r sawl sy'n edrych ar eu holau. Gallant hefyd gysylltu gyda gweithwyr proffesiynol iechyd a gofal cymdeithasol er mwyn sicrhau bod eich anghenion yn cael eu diwallu.

Mae swyddogaeth nyrsys Parkinson's yn amrywio. Gall pob un gynnig gwasanaethau gwahanol, gyda golwg ar gyfarfod anghenion lleol. Mae rhai nyrsus wedi'u gwreiddio yn y gymuned, ac eraill yn gweithio o fewn ysbytai. Mae llawer o nyrsys Parkinson's yn ragnodwyr annibynnol. Mae hyn yn golygu y gallant ragnodi ac addasu meddyginiaeth, fel nad oes bob amser raid i rywun â Parkinson's weld eu harbenigwr er mwyn cael newid ei gyffuriau neu gael ateb i'w gwestiynau ynglyn â nhw.

Mae'n bosib nad oes nyrsus Parkinson's ar gael ym mhob ardal, ond gall eich meddyg teulu neu arbenigwr roi manylion ichi am wasanaethau yn yr ardal. Mae rhagor o wybodaeth ar gael ar ein gwefan parkinsons.org.uk/nurses

Gwybodaeth a chefnogaeth gan Parkinson's UK
Ffoniwch ein llinell gymorth gyfrinachol i gael gwybodaeth gyffredinol a chefnogaeth. Dyma'r rhif **0808 800 0303** (mae galwadau am ddim o brif linellau ffôn yn y Deyrnas Gyfunol ac o'r rhan fwyaf o rwydweithiau ffonau mudol), neu e-bostiwch hello@parkinsons.org.uk

Gall y llinell gymorth hefyd eich rhoi mewn cysylltiad ag un o'n cynghorwyr Parkinson's lleol, sy'n gallu cynnig gwybodaeth a chefnogaeth un i un i unrhyw un sy'n cael ei effeithio gan Parkinson's. Gallant hefyd greu cyswllt ichi â grwpiau a gwasanaethau lleol.

Ar ein gwefan – parkinsons.org.uk – mae llawer iawn o wybodaeth am Parkinson's a sut i fyw'n feunyddiol gyda'r cyflwr. Mae hefyd fanylion am eich tîm cefnogi lleol a'r cyfarfod grŵp agosaf atoch chi ar parkinsons.org.uk/localtoyou

Gallwch hefyd ymweld â parkinsons.org.uk/forum i siarad â phobl eraill mewn sefyllfa debyg ar ein fforwm drafod ar-lein.

Diolch

Diolch i bawb sydd wedi cyfrannu at yr wybodaeth sydd yma, neu wedi'i adolygu, gan gynnwys arbenigwyr a phobl sy'n cael eu heffeithio gan Parkinson's.

Fedrwch chi helpu?

Yn Parkinson's UK, rydyn ni'n gyfan gwbl ddibynol ar gyfraniadau gan unigolion a sefydliadau i ariannu'r gwaith a wneir gennym. Gallech ein helpu i gefnogi pobl sy'n dioddef o Parkinson's mewn nifer o wahanol ffyrdd. Os hoffech chi gymryd rhan, cysylltwch â'n tîm Gwasanaethau Cefnogwyr ar **0800 138 6593** neu ymweld â'n gwefan parkinsons.org.uk/donate. Diolch.

Ein gwybodaeth

Mae'n gwybodaeth ddiweddaraf i gyd ar gael yn parkinsons.org.uk/information-support. Os byddai'n well gennych chi ddarllen un o'r taflenni printiedig neu lyfrynau, mae gwybodaeth am sut i osod archeb ar gael o parkinsons.org.uk/ordering-resources neu drwy ffonio **0300 123 3689**.

Rydym yn ymdrechu'n galed i sicrhau bod ein gwasanaethau yn cynnig gwybodaeth sy'n gyfredol, diduedd a chywir. Gobeithiwn y bydd yn ychwanegu at y cyngor proffesiynol y byddwch yn ei gael, ac yn eich helpu i wneud unrhyw benderfyniadau a ddaw i'ch rhan. Daliwch ati i drafod gyda'ch tîm iechyd a gofal cymdeithasol os ydych chi'n poeni am unrhyw agwedd ar fyw gyda Parkinson's.

Os hoffech chi ddarganfod mwy am sut rydyn ni'n casglu ein gwybodaeth, gan gynnwys y cyfeiriadau a'r ffynonellau tystiolaeth a ddefnyddiwn, cysylltwch â ni yn publications@parkinsons.org.uk



Cwmpo a Parkinson's (FS39W/2020)

Oes gennych chi unrhyw adborth am yr wybodaeth yma? Bydd eich sylwadau yn ein helpu i sicrhau fod ein hadnoddau mor ddefnyddiol ac mor hawdd i'w deall â phosib. Dychwelwch y ffurflen at: **Information Content team, Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ**, neu ebostiwch infocontent@parkinsons.org.uk. Diolch yn fawr.

1. Dewiswch y datganiad sy'n eich ffitio chi orau.

- Mae Parkinson's arna' i, ac fe ges i ddiagnosis yn
- Rwy'n gofalu am rywun sydd â Parkinson's
- Rwy'n weithiwr proffesiynol sy'n gweithio gyda phobl sy'n dioddef o Parkinson's
- Mae gen i ffrind neu aelod o'm teulu â Parkinson's arnynt Arall (rhowch fanylion)

2. O le y cawsoch chi'r wybodaeth yma?

- Meddyg Teulu Arbenigwr Nyrs Parkinson's Grŵp lleol Parkinson's UK
- Cyngorydd lleol Parkinson's UK Wedi'i harchebu'n uniongyrchol gennym ni
- Galwad i'r llinell gymorth Arall (rhowch fanylion)

3. Ydy'r wybodaeth wedi ateb eich cwestiynau?

- Ydy, yn gyfangwbl Ydy, gan fwyaf Ddim yn siŵr Yn rhannol Ddim o gwbl

4. Pa mor hawdd oedd ei ddeall?

- Hawdd iawn Hawdd Ddim yn siŵr Braidd yn anodd Anodd iawn

Elusen ydy Parkinson's sy'n ymgyrchu am well gofal, triniaeth ac ansawdd bywyd.

Gyda'n gilydd, gallwn brysuru'r dydd pan na fydd neb yn ofni Parkinson's.

Parkinson's UK
215 Vauxhall Bridge Road
London SW1V 1EJ

Llinell gymorth gyfrinachol am ddim **0808 800 0303**
(Dydd Llun i ddydd Gwener 9am–7pm, Dydd Sadwrn 10am–2pm).

Cyfieithu ar gael

NGT Relay **18001 0808 800 0303** (i'w ddefnyddio gyda ffonau clyfar, tabledi, Cyfrifiaduron Personol a dyfeisiau eraill. Am ragor o wybodaeth ewch i **www.ngts.org.uk**

hello@parkinsons.org.uk
parkinsons.org.uk

Cod archebu:PKFS39W

Diweddariad diwethaf Mawrth 2020. Rydym yn adolygu'n gwybodaeth o fewn tair blynedd. Porwch ein gwefan am y fersiwn ddiweddaraf o unrhyw wybodaeth.

© Parkinson's UK. Parkinson's UK yw enw gweithredu'r Parkinson's Disease Society of the United Kingdom [Cymdeithas Clefyd Parkinson's y Deyrnas Gyfunol]. Elusen wedi'i chofrestru yng Nghymru a Lloegr (258197) ac yn yr Alban (SC037554).



5. Ydy'r wybodaeth wedi eich helpu i reoli'ch cyflwr yn well, neu i wneud penderfyniadau sydd wedi gwella eich bywyd mewn rhyw ffordd?

- Roedd o help mawr Ychydig o help Dim newid
 Dim help o gwbl Fe wnaeth bethau'n waeth

6. Beth yw eich cefndir ethnig?*

- Asiaidd neu Asiaidd Prydeinig Du neu Ddu Prydeinig Tsieineaidd Cymysg
 Gwyn Prydeinig Gwyn arall Arall (rhowch fanylion)

* Rydyn ni'n holi am eich cefndir ethnig er mwyn sicrhau fod ein gwybodaeth yn cyrraedd amrywiaeth eang o bobl. Er hynny, gallech ddewis peidio ag ateb y cwestiwn yma.

Hoffech chi gadw mewn cysylltiad?

- Hoffwn gael ymateb i'r adborth hwn Hoffwn ddod yn aelod o Parkinson's UK
 Mae gen i ddiddordeb mewn ymuno â'r grŵp adolygu gwybodaeth, er mwyn cynnig adborth ar wybodaeth Parkinson's UK

Os mai cadarnhaol oedd yr ateb i unrhyw un o'r dewisiadau uchod, wnewch chi roi eich manylion yma, os gwelwch yn dda?

Enw

Cyfeiriad

E-bost

Ffôn

Sut hoffech chi inni gysylltu â chi? E-bost Post Ffôn

Ni fyddwn yn rhoi eich manylion i unrhyw sefydliad arall na thrydydd parti. I gael gwybod mwy, darllenwch ein polisi preifatrwydd yn parkinsons.org.uk/termsandconditions

We're the Parkinson's charity that drives better care, treatments and quality of life.

Together we can bring forward the day when no one fears Parkinson's.

Parkinson's UK
215 Vauxhall Bridge Road
London SW1V 1EJ

Free confidential helpline 0808 800 0303
(Monday to Friday 9am–7pm, Saturday 10am–2pm).
Interpreting available.

NGT Relay 18001 0808 800 0303

(for use with smart phones, tablets, PCs and other devices). For more information see www.ngts.org.uk

hello@parkinsons.org.uk
parkinsons.org.uk

Order code: PKFS39

Last updated March 2020. We review all our information within three years. Please check our website for the most up to date versions of all our information.

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5. Has it helped you manage your condition better, or make choices that have improved your life in some way?

- It helped a lot It helped a little No change It didn't help It made things worse

6. What is your ethnic background?*

- Asian or Asian British Black or Black British Chinese Mixed White British White other Other (please specify)

*We ask about your ethnicity to ensure our information is reaching a broad range of people. However, this question is optional.

Want to hear more from us?

I would like a response to my feedback I would like to be a member of Parkinson's UK

I'm interested in joining the Information review group, to offer feedback on Parkinson's UK information

If you've answered yes to any of these options, please complete your details below.

Name

Address

Email

Telephone

How would you prefer us to contact you?

Email Post Phone

We will not pass on your details to any other organisation or third party. To find out more, read our privacy policy at parkinsons.org.uk/termsandconditions



Thank you
Thank you to everyone who contributed to, or reviewed this information, including experts and people affected by Parkinson's.

Can you help?

At Parkinson's UK, we are totally dependent on donations from individuals and organisations to fund the work that we do. There are many ways that you can help us to support people with Parkinson's.

If you would like to get involved, please contact our Supporter Services team on **0800 138 6593** or visit our website at parkinsons.org.uk/donate. Thank you.

Our information
All of our most up-to-date information is available at parkinsons.org.uk/information or you can call on **0300 123 3689**.
If you'd prefer to read one of our printed leaflets or booklets, find out how to place an order at parkinsons.org.uk/orderingresources or by calling **0300 123 3689**.
We make every effort to ensure that our services provide current, unbiased and accurate information. We hope that this will add to any professional advice you receive and help you to make any decisions you may face. Please do continue to talk to your health and social care team if you are worried about any aspect of living with Parkinson's.
If you'd like to find out more about how we put our information together, including references and the sources of evidence we use, please contact us at publications@parkinsons.org.uk

Falls and Parkinson's (PKFS39/2020)

Do you have any feedback about this information? Your comments will help us ensure our resources are as useful and easy to understand as possible. Please return to information@parkinsons.org.uk, publications@parkinsons.org.uk, or email publications@parkinsons.org.uk. Thank you!

1. Please choose the option that best fits you.

- I have Parkinson's and was diagnosed in I care for someone with Parkinson's
 I have a friend or family member with Parkinson's I'm a professional working with people with Parkinson's
 Other (please specify)

2. Where did you get this information from?

- GP Specialist Parkinson's nurse Parkinson's UK local group Parkinson's UK local adviser
 Ordered directly from us Call to the helpline
 Other (please specify)

3. Has it answered all your questions?

- Yes, completely Yes, mostly Not sure Partly Not at all

4. How easy was it to understand?

- Very easy Easy Not sure Quite difficult Very difficult

More information and support

Chartered Society of Physiotherapy

020 7306 6666

www.csp.org.uk

Royal College of Occupational Therapy

020 3141 4600

hello@rct.co.uk

www.rcot.co.uk

Parkinson's nurses

Parkinson's nurses provide expert advice and support to people with Parkinson's and those who care for them. They can also make contact with other health and social care professionals to make sure your needs are met.

The role of the Parkinson's nurse varies. Each will offer different services, aiming to meet local needs. Some nurses are based in the community, whereas others are based in hospital settings.

Many Parkinson's nurses are independent prescribers. This means they can prescribe and make adjustments to medication, so someone with Parkinson's doesn't always need to see their specialist for changes to or queries about their Parkinson's drugs.

Parkinson's nurses may not be available in every area, but your GP or specialist can give you more details on local services.

You can find out more at parkinsons.org.uk/nurses

Our website parkinsons.org.uk has a lot of information about Parkinson's and everyday life with the condition. You can also find details of your local support team and your nearest local group meeting at parkinsons.org.uk/localtoyou

You can also visit parkinsons.org.uk/forum to speak with other people in a similar situation on our online discussion forum.

groups and services:

Our helpline can also put you in touch with one of our Parkinson's local advisers, who give one-to-one information and support to anyone affected by Parkinson's. They can also provide links to local

Information and support from Parkinson's UK
You can call our free confidential helpline for general support and information. Call **0808 800 0303** (calls are free from UK landlines and most mobile networks) or email hello@parkinsons.org.uk

other professionals too, such as a physiotherapist or speech and language therapist.

You can also pay for private occupational therapy. To find a private occupational therapist in your area, you can contact the Royal College of Occupational Therapists. See the 'More information and section' for their contact details.

Find out more: see our [information on occupational therapy and Parkinson's](#).

emergency response centre, who will send someone to help you. Your local social services, social work department or health and social care trust can give you details of local schemes. There is usually a small cost for this service.

Other ways to reduce the risk of falling

Exercise

The more fit and active you are, the better your body is able to respond to the demands placed on it, making you less likely to fall and injure yourself. In some areas of the UK, you can be referred for a fitness review through the Exercise Referral Scheme. After the review, a fitness instructor can tailor a programme to your individual needs. Your GP may be able to tell you about schemes available in your area and refer you.

The Inclusive Fitness Initiative (IFI) supports leisure centres to provide an accessible environment for everyone, including providing adapted equipment for disabled people. You can find your nearest IFI centre here, www.activityalliance.org.uk/get-active

Find out more: see our information on exercise

and Parkinson's.

Equipment and walking aids

You might find that equipment can help you to walk, such as a walking stick or a rollator (a frame with wheels).

Before you start using a walking aid, it's very important to get advice from a physiotherapist. Some walking aids aren't recommended for people with Parkinson's as they can affect your walking pattern and make you more likely to fall. But, the correct walking aid can increase your confidence and help you to lift your feet better.

Footwear

You might find shoes with low heels or flat soles are easier to walk in. Try to avoid unsupportive shoes, such as floppy slippers. An occupational therapist or physiotherapist can give you advice about what shoes to wear and ways of making the places where you walk easier and safer to manage.

Professionals who can help

If you're experiencing falls, make an appointment with your GP, specialist or Parkinson's nurse to talk about what can be done to improve your safety and balance. The following professionals can also help:

Physiotherapists

A physiotherapist can help you improve your confidence and reduce any fear of falling. They can also teach you techniques to help you get down safely on to the floor, and up again if you fall. Often, a physiotherapist will work with an occupational therapist to help you remove any tripping hazards from your home.

Ask your GP, specialist or Parkinson's nurse about a referral for physiotherapy as soon as possible after your diagnosis. In some areas, you can refer yourself at the local hospital or a community health centre, depending on the type of service available.

You can also self-refer to a private physiotherapist, which you will need to pay for. The Chartered Society of Physiotherapy can help you find a private physiotherapist. You can find their contact details in the 'More information and support' section.

Some Parkinson's UK local groups have sessions led by a physiotherapist – check with your local group for details. Call our helpline on **0808 800 0303** or see our website parkinsons.org.uk/localgroups to find your local group.

Find out more: see our information on physiotherapy

and Parkinson's.

Occupational therapists

An occupational therapist can suggest strategies to help you reduce the risk of falls. They might ask you to keep a falls diary to identify when, where and how you fall. They can also recommend equipment that can help reduce the risk of falling, or help you get up if you do fall.

You can usually contact an occupational therapist through your GP, your social services or social work department, or health and social care trust. You can also ask your GP, specialist or Parkinson's nurse to refer you to a rehabilitation unit if you need to see

to keep to a rhythm. They are available from musical instrument shops or online.

Focus on taking longer strides and swinging your arms

Taking bigger steps will help to increase your arm swing. Gently swinging both arms will help you keep your balance when you walk.

Shift your weight

Move your weight from one foot to the other or try to step backwards before moving forwards. If you freeze, you may be able to re-start moving by rocking gently from side to side.

Ask a friend to help

If you're out with a friend and you freeze, they can help you by holding your arm and supporting your balance while you concentrate on moving again.

Avoid distractions

Try to concentrate and keep distractions to a minimum – avoid walking and talking at the same time. If you want to have a conversation, pause and touch something solid, such as a lamp post, when you want to talk. If you cross a busy area plan your route in short stages so that you're not having to concentrate on too much in one go.

Slow down turns

If you need to change direction, try not to turn too quickly or pivot on the spot. It's better to slow down and take a few extra steps to walk around in a half circle. Try to imagine your feet are following the numbers on the face of a clock. Take your time.

Parkinson's medication

How well your symptoms respond to medication can affect your risk of falling. For example, you may freeze suddenly or unpredictably when your medication starts to wear 'off' (when your medication is not working so well) and this can cause falls. So any changes your specialist or Parkinson's nurse makes to your medication to reduce freezing may also help to reduce falls.

Sometimes, Parkinson's may cause people to walk very fast, as if they are running. This can also cause them to fall.

If your drugs don't seem to work as well as they used to, or you think you're falling due to side effects of the drugs you're taking, speak to your specialist or Parkinson's nurse about making changes to your medication.

If you experience dizzy spells, which may make you more likely to fall, make sure you're taking your medication as prescribed.

Hazards in and around your home

There are many things in the home that could make you more likely to fall, including slippery floors, loose carpets and general clutter. Here are some tips on how to reduce hazards in the home:

- Try to clear away as much clutter as you can and arrange your furniture so that moving around is as easy as possible.
- Hand or grab rails can be useful in tight spaces, such as in toilets, bathrooms or by the stairs. Putting non-slip mats in the bathroom will also help.
- Make sure your house is well lit.
- Apply strips of coloured tape to the edge of steps to make them more visible and help prompt you to lift your feet.

- Floor coverings can sometimes be a hazard. For example, carpet patterns can be visually confusing. Speak to an occupational therapist or physiotherapist about applying strips of tape or plastic footsteps on the carpet. These can guide you in places you might be more likely to fall, such as a tricky turn on stairs, or in doorways.

- Keep commonly used items close to hand or stored in a cupboard within easy reach, so you don't need to bend down or stretch too far to get them.
- Make sure you have contact numbers nearby in case of an emergency. Keep a mobile phone with you, or change your landline telephone to a cordless model so that you can carry it with you, in case you fall and need to call for help.
- Try not to rush, even if the phone's ringing or there's someone at the door.
- If you're prone to falls, you might find a community alarm system really helpful. This involves wearing a small device that has a button to alert an

Speak to your specialist or Parkinson's nurse as they may be able to adjust your medication.

Find out more: see our information on freezing and Parkinson's.

Posture

As Parkinson's progresses, your posture can change. You might become more stooped and your muscles may become more rigid. Having muscles that are less flexible can increase your risk of falling, as it's more difficult for your body to move and for you to protect yourself if you do lose your balance.

General muscle weakness

You may be much less active than you used to be if you have Parkinson's. This can cause muscles to become weaker and increase your risk of falling. Staying active can help muscles and joints from getting stiff and rigid.

Problems with blood pressure

Problems with blood pressure can affect people generally as they get older, but some Parkinson's medication can cause side effects, including problems with blood pressure. This can lead to dizziness and falls. If you've felt dizzy, or fallen because of dizziness, ask your GP or practice nurse to check your blood pressure both when you're sitting and standing, to see if it's too low. Drugs used to treat other medical conditions, such as high blood pressure, can potentially make dizziness worse, especially if you are losing weight or not eating and drinking as well as you used to.

Postural hypotension is a sudden drop in blood pressure when changing position, for example getting up out of a chair. It can make you feel very light-headed, which will affect your balance. You may experience postural hypotension as a symptom of Parkinson's. But it can also be caused by the drugs used to treat Parkinson's.

You can avoid some dizzy spells by taking your time. For example, before you get out of bed, sit with your feet touching the floor for a few minutes to get your blood flowing. Then stand up slowly, but try not to walk away immediately – stand for a while until you feel steady.

Find out more: see our information on low blood pressure and Parkinson's.

Eye problems

Some people with Parkinson's experience problems with their eyes. Difficulty moving your eyes and side effects of some Parkinson's drugs (including anticholinergics) can cause blurred vision. If you're unable to see hazards clearly, this may make you more likely to fall.

You may also have difficulty judging the space around you or not be able to accurately assess the distance between objects. This means you might experience problems finding your way when walking past objects or through a narrow space. Bifocal glasses may also affect how well you judge distance.

Find out more: see our information on eyes and Parkinson's.

Reducing the risk of falling

It's important to get help and advice about how to avoid falls. Even if you've never fallen before, anxiety or fear of falling can increase the chance of it happening. There are lots of ways to reduce your risk of falling. Below are ideas that physiotherapists and occupational therapists have suggested to help with balance problems.

Your GP, specialist or Parkinson's nurse can also give you advice on how to avoid future accidents, or refer you to a physiotherapist or occupational therapist (see the 'Professionals who can help' section for more information).

Get into a rhythm when you walk

Try counting each step, marching on the spot, stepping over patterns on the floor, humming or singing to yourself. You could repeat a word or phrase such as 'walk tall' or 'stride out' to help you stay focused when walking.

Move to the beat

Walking to the tick of a metronome can help you maintain a rhythm, or help you restart walking if you freeze. A metronome is a device that produces a regular tick or beat that musicians use

Falls and Parkinson's

This information looks at some of the reasons why people with Parkinson's might fall. It gives helpful tips on what you can do to prevent falls and explains which professionals can offer you support.

What might cause me to fall if I have Parkinson's?

Loss of balance and falling affects many people with Parkinson's and the problem tends to increase over time. But everyone's experience of Parkinson's is different, so you may not have these difficulties. If you have Parkinson's, you might fall because of:

- poor balance
- taking steps that are too small or that vary in size
- your arms not swinging when you walk
- involuntary movements (dyskinesia), which are a side effect of some Parkinson's medication.

Other reasons you might fall include:

Freezing

Some people with Parkinson's fall because they have problems starting to move or they 'freeze' while they are moving. Freezing is when you stop suddenly, and it can last for a few seconds or minutes.

If this happens, you may feel as though your feet are stuck to the floor or you're unable to move easily, which can make you feel unsteady. This can increase your risk of falling. If you have difficulty with your medication wearing off before your next dose is due, you may find freezing becomes worse.