

Role-play scenarios cards

Lack of empathy



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Repeated misunderstandings



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Lack of independence



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Unexpressed feelings



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Backside of Role-play scenarios cards

A person with Parkinson's feels unheard by their caregiver and emotionally withdraws. The caregiver must express their desire to understand and create a safe space for expressing emotions.

A person with Parkinson's feels their caregiver doesn't truly understand what they're saying due to speech difficulties. The caregiver tries to show patience and adjust their language to improve communication.

The patient wants to perform certain tasks independently, but the caregiver intervenes each time out of concern for their safety. This frustrates the patient, who withdraws from conversation. The caregiver needs to recognize the patient's need for independence and negotiate a balance.

A person with Parkinson's avoids expressing sadness or worry about the future, not wanting to burden their family. The caregiver encourages them to speak openly and creates a safe space for emotional expression.

Role-play scenarios cards

Social pressure



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Sudden mood change



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Need for validation



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Frustration with physical limitations



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Backside of Role-play scenarios cards

The patient refuses to attend a social gathering due to anxiety about possible tremors or speech difficulties. The caregiver needs to show empathy and find ways to reduce anxiety and provide support.

One day, the patient is more irritable than usual and rejects help. The caregiver, confused, tries to understand the cause of frustration and offers space for expression.

The person with Parkinson's feels discouraged and expresses fear of no longer being useful. The caregiver must validate these feelings and offer genuine encouragement without minimizing the patient's experiences.

The patient feels ashamed and frustrated at difficulties with daily activities. The caregiver, while wanting to help, must find a way to support without increasing feelings of helplessness.

Role-play scenarios cards

Refusal to accept help



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Need for privacy and confidentiality



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Backside of Role-play scenarios cards

The person with Parkinson's insists on handling tasks alone but clearly needs assistance. The caregiver must find a way to help without undermining their autonomy.

The patient wishes to discuss intimate or sensitive issues without the caregiver being too intrusive. The caregiver must respect the patient's desire to maintain certain boundaries and show they are available to provide support as needed.