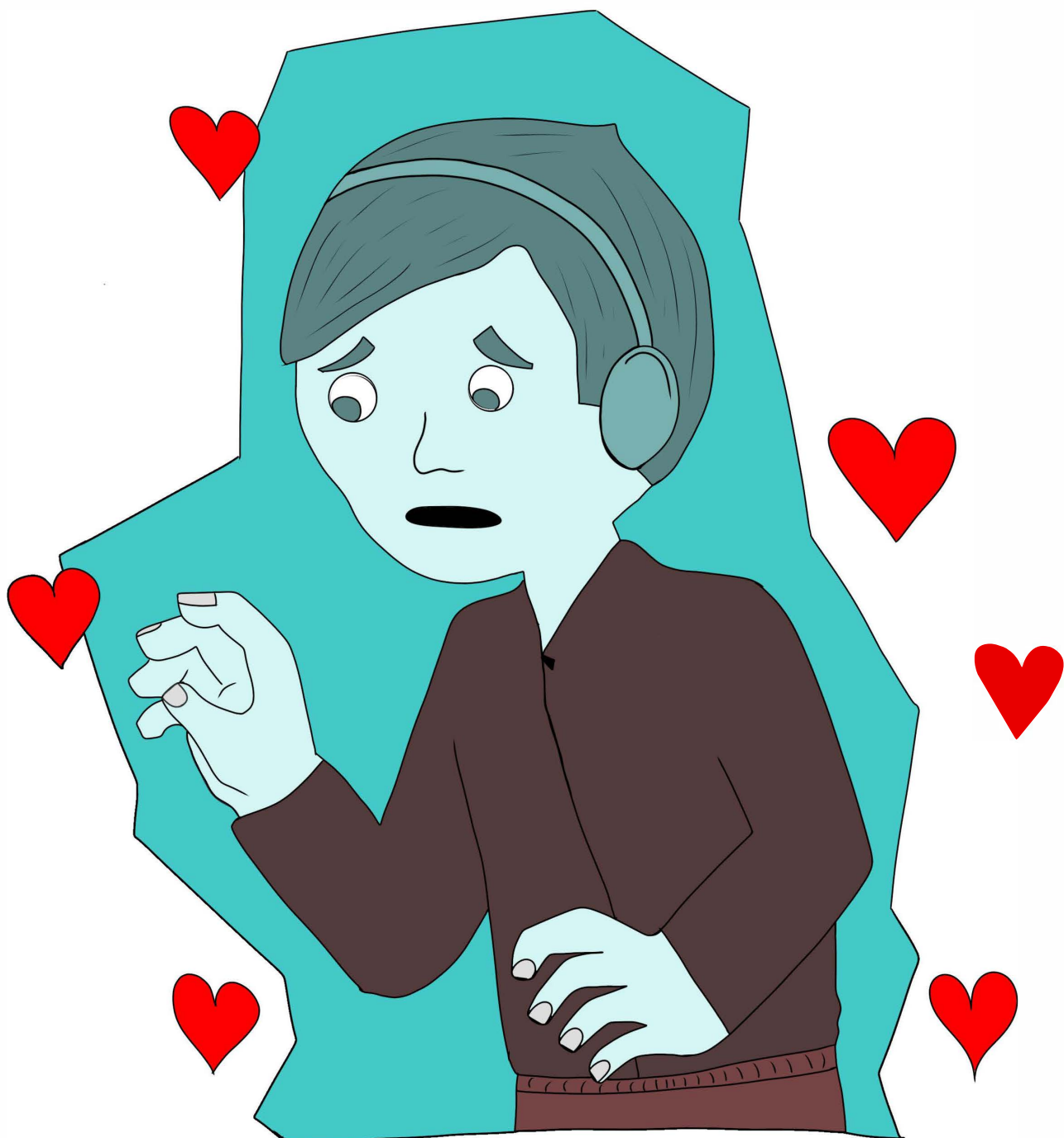


# PARKINSON'S DISEASE

## A Children's Guide

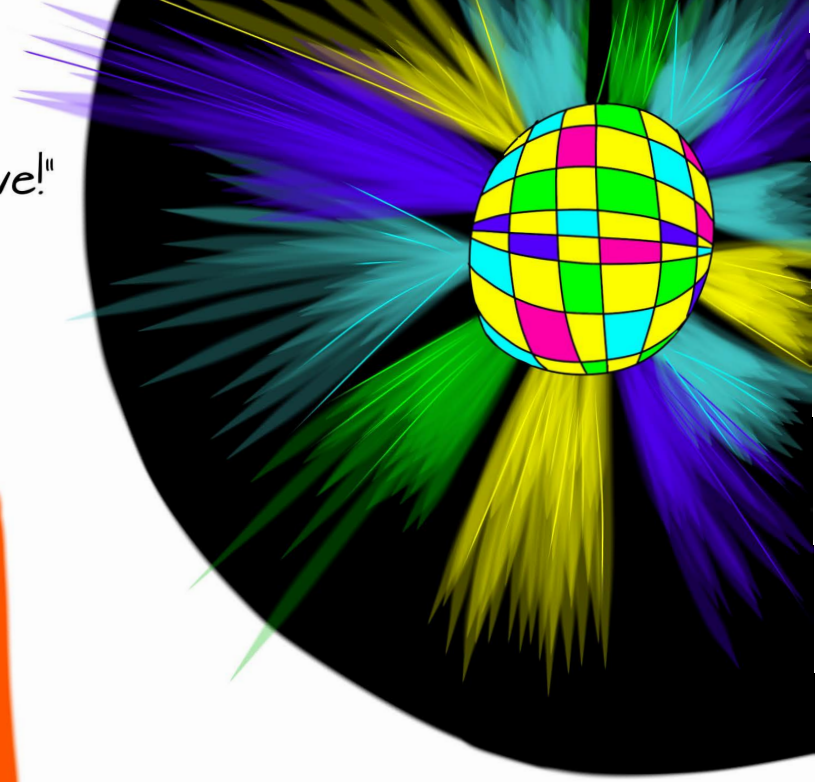
**Written by Jason Rabotnick in partnership  
with Slow-Motion Magic**

Someone I love was having a hard time moving.  
They really tried! But their body wasn't approving.





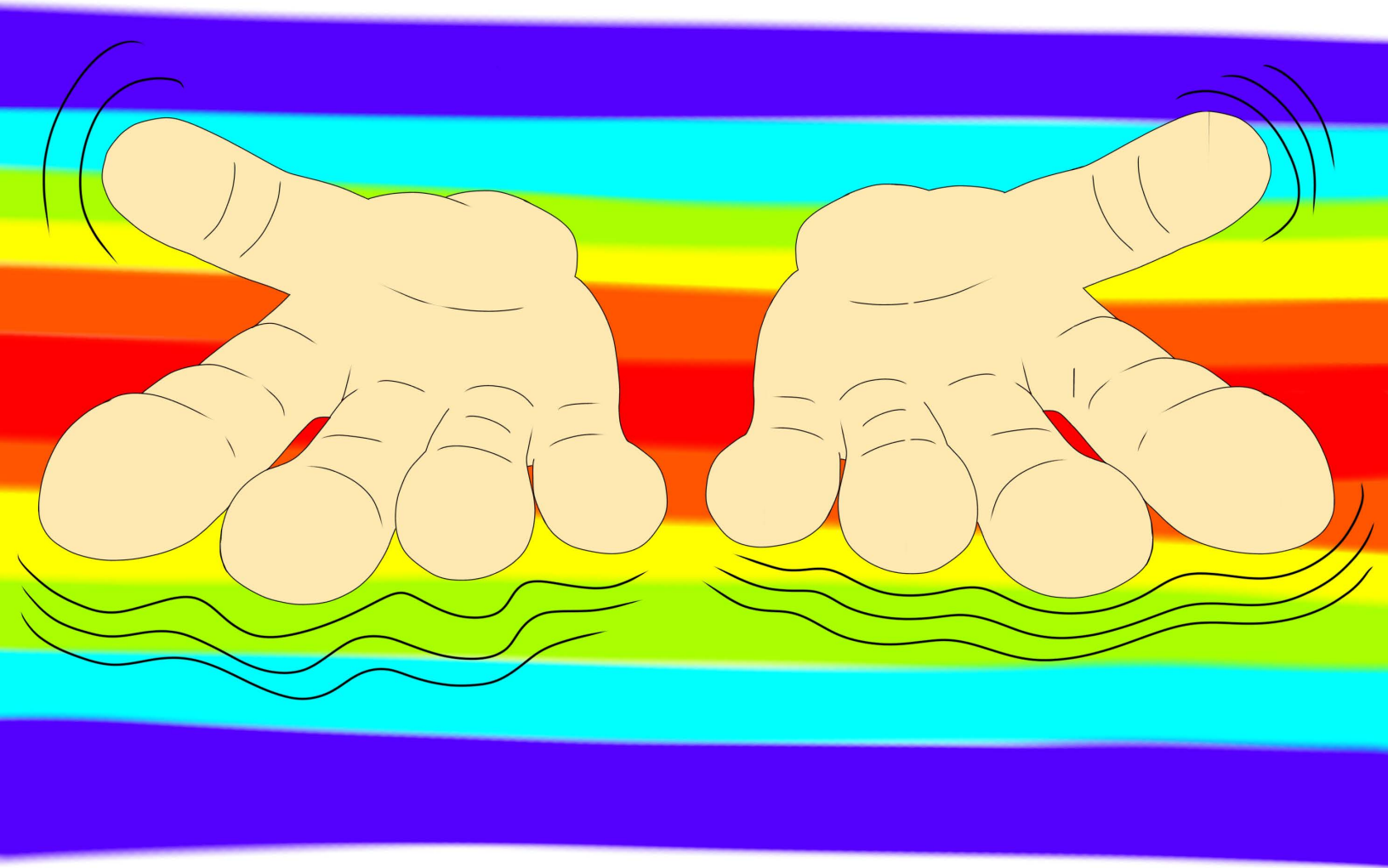
They said "Come on legs, let's groove!"



But their legs just wouldn't move.

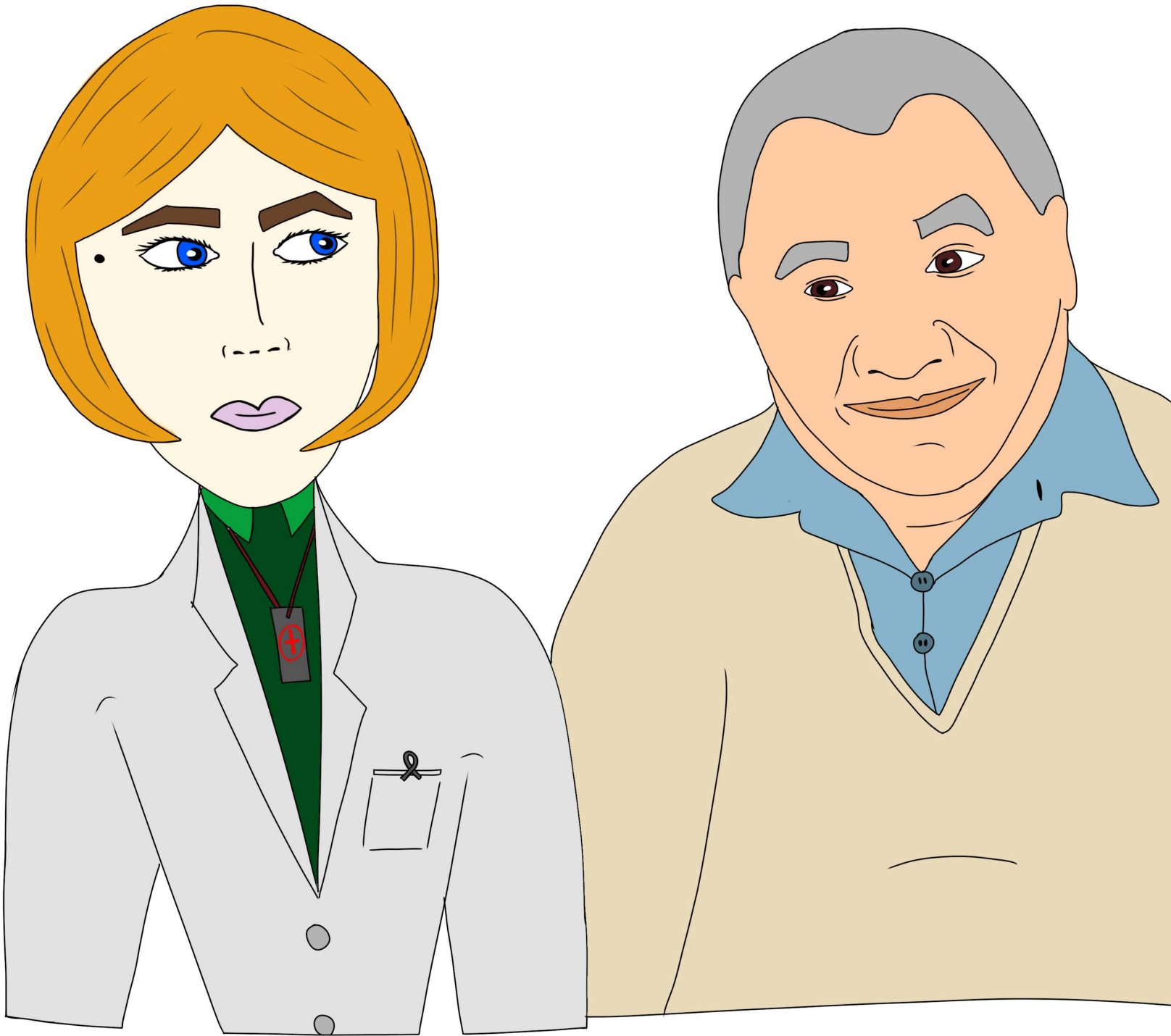


Their hands were shaking and awful lot.



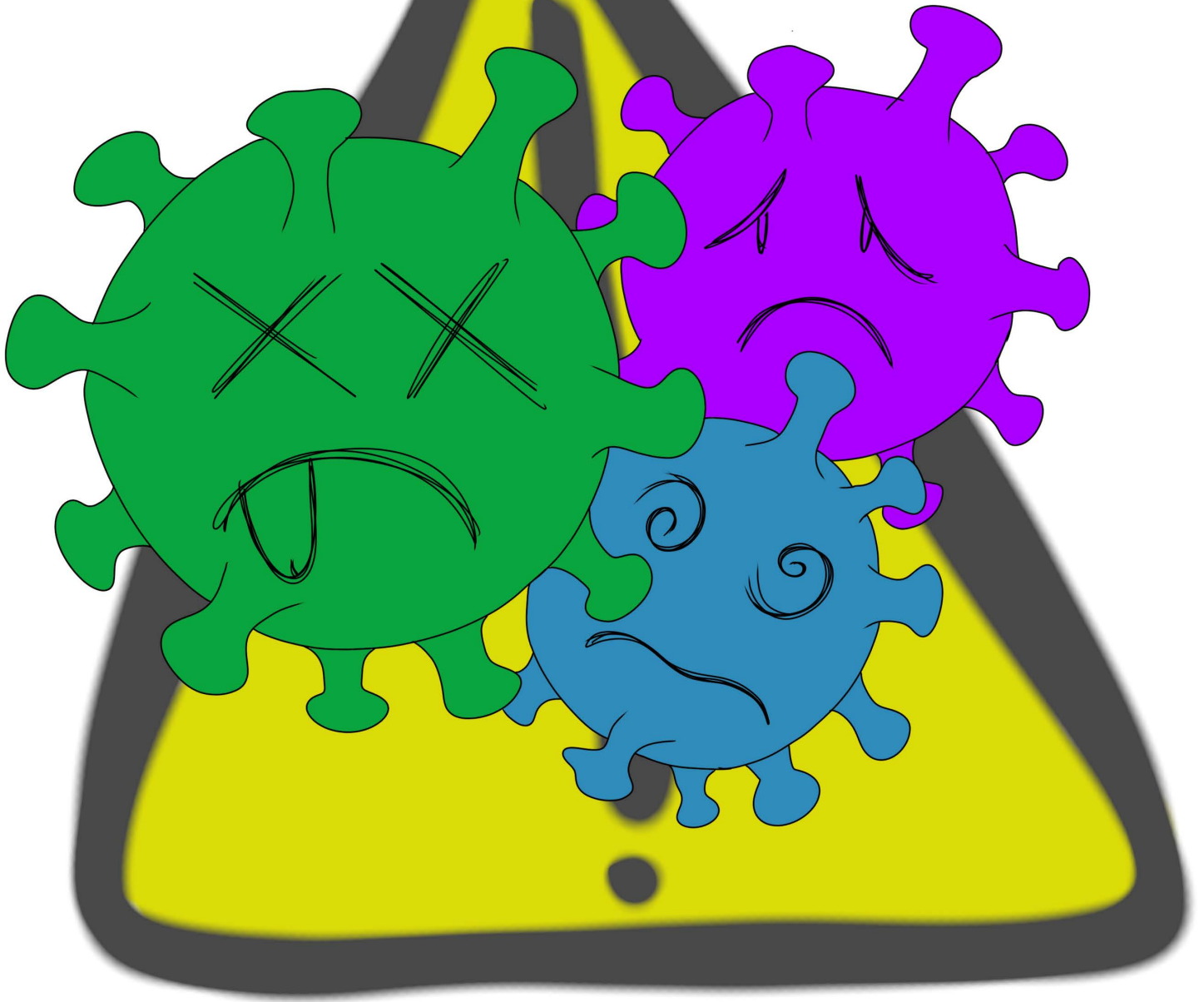
It looked like their fingers were a little too taut.

I asked what happened because I wanted to help.  
They said "I went to my doctor but he just said 'welp'..."



They went to a neurologist (noo-rah-lah-jist) who calmly said "Oh geeze".  
But after some tests,  
"she told me I have something called Parkinson's Disease."

I heard 'disease' and asked, "Is it like the flu?"



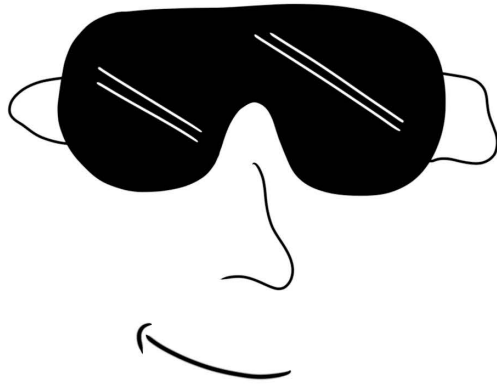
They said "No, it cannot jump from me to you."

I sighed in relief and took my hands off my face.  
They had me sit down, to explain the whole case.



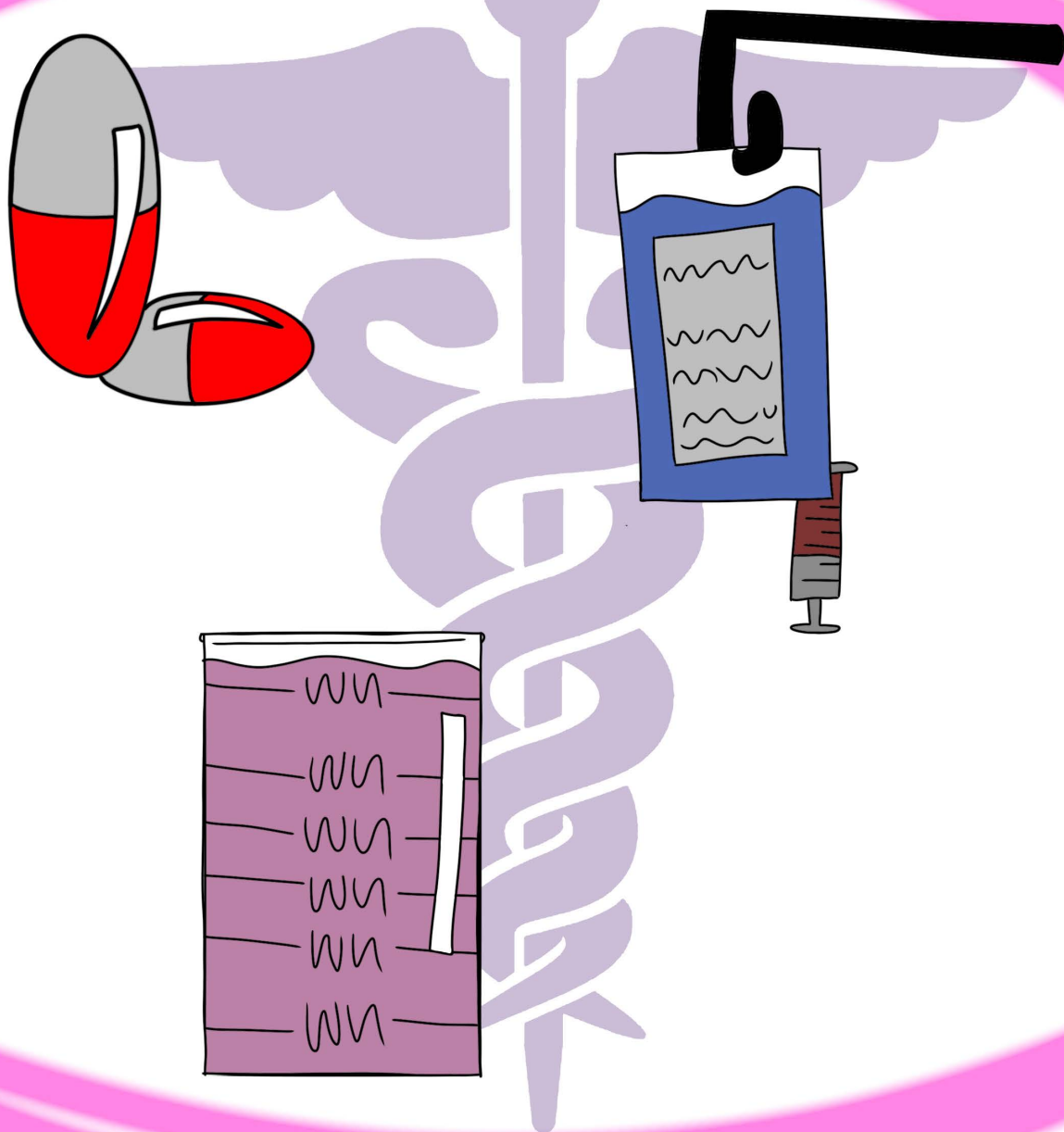
I learned a lot from this person you see.  
And I'll tell you too because awareness is key.





We don't know why people get this kind of sick.  
But there are scientists, working toward a fix.





We don't have medicine to make it go away.  
But we do have some that can keep the problems at bay.

There are plenty of big words that really confuse me.

Like Levodopa, dopamine, and neural anatomy.

It's okay though; we don't have to know what it all means.

We just need to remember these few special things:



Sometimes people with Parkinson's shake,  
and sometimes people with Parkinson's freeze.



But they still like spending time  
with you, even if it's just enjoying  
the breeze

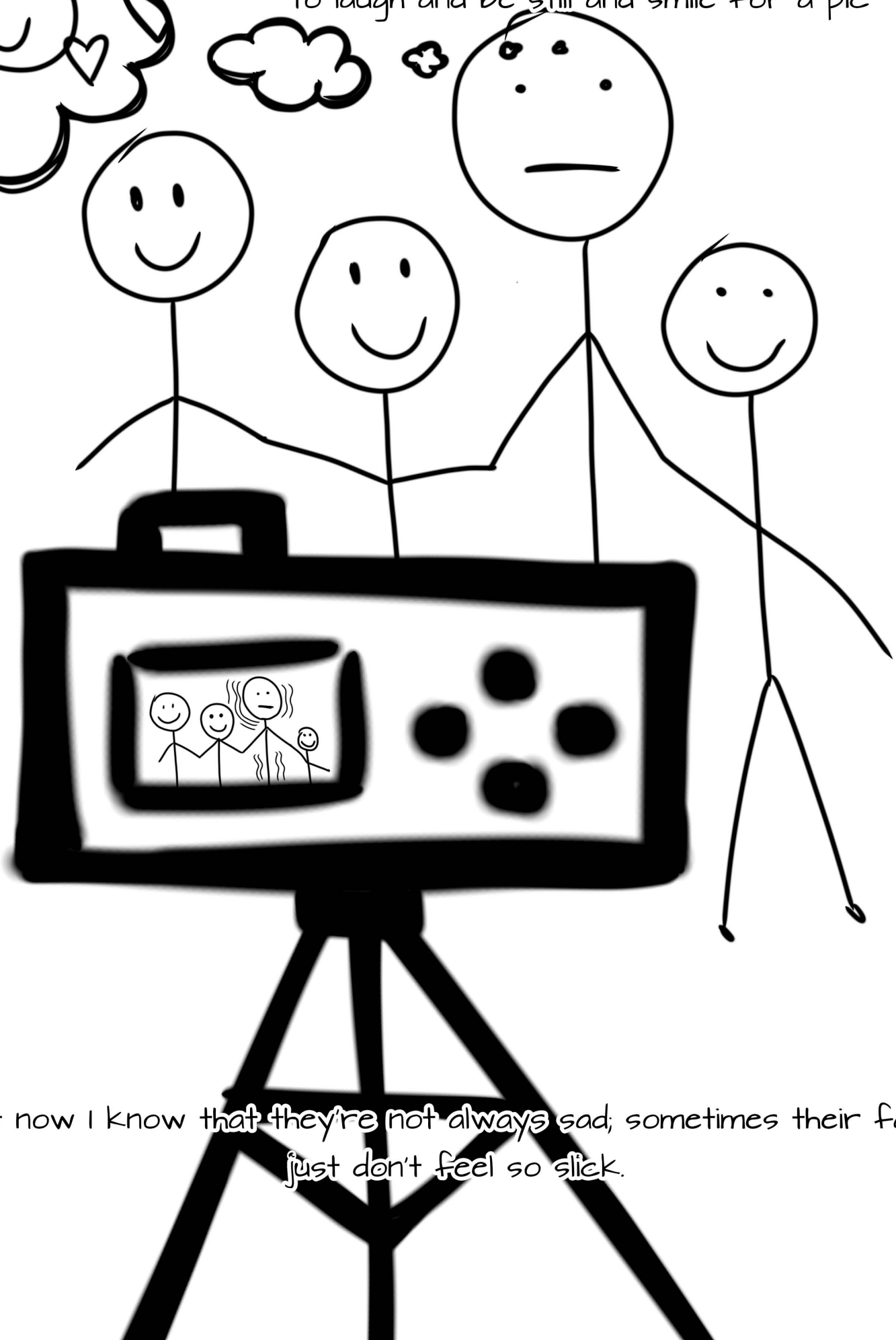




They may start to wobble or even fall down.  
So let's just walk slowly and not make a frown.

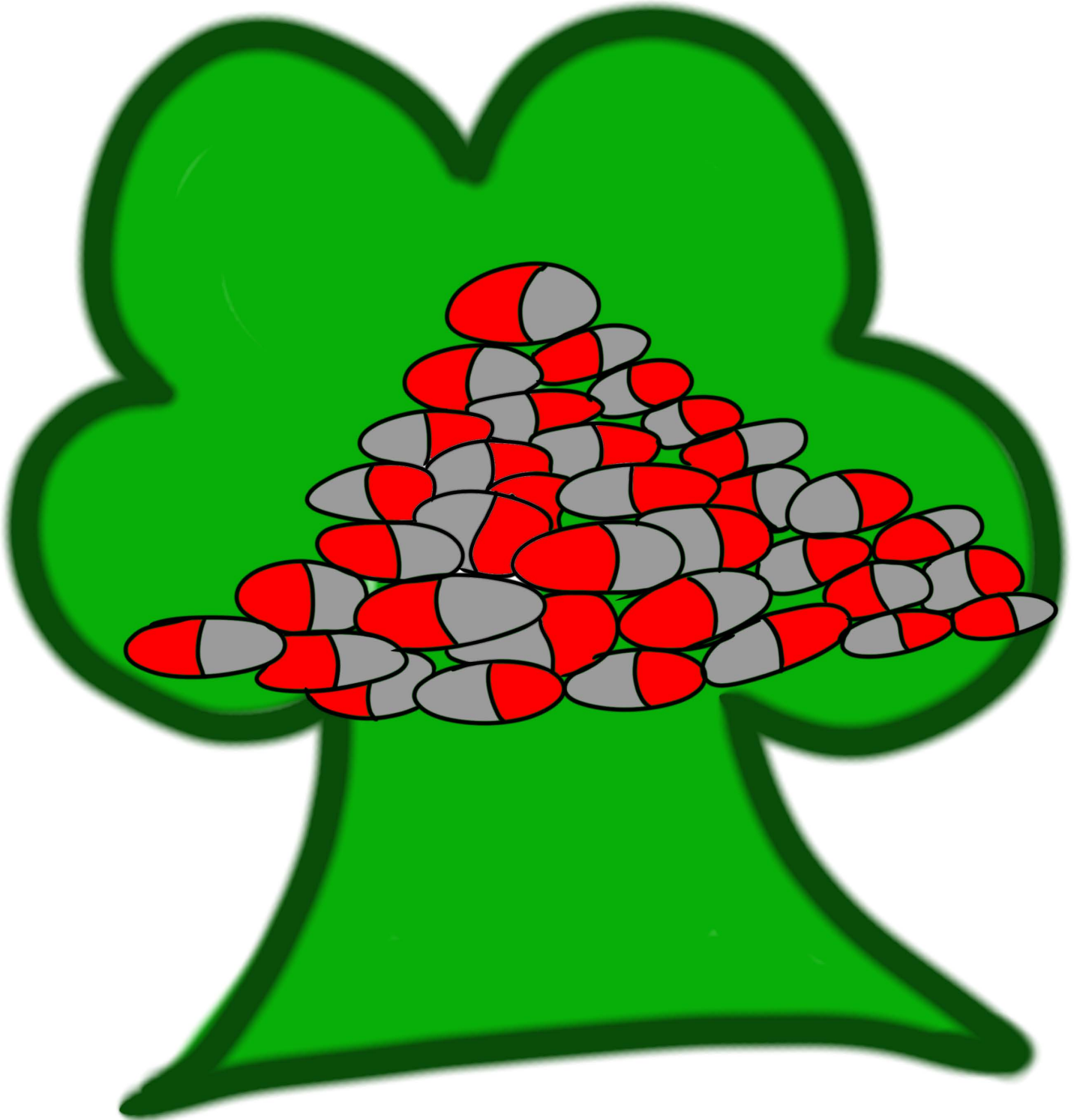


It can be hard for some people with this kind of sick  
to laugh and be still and smile for a pic

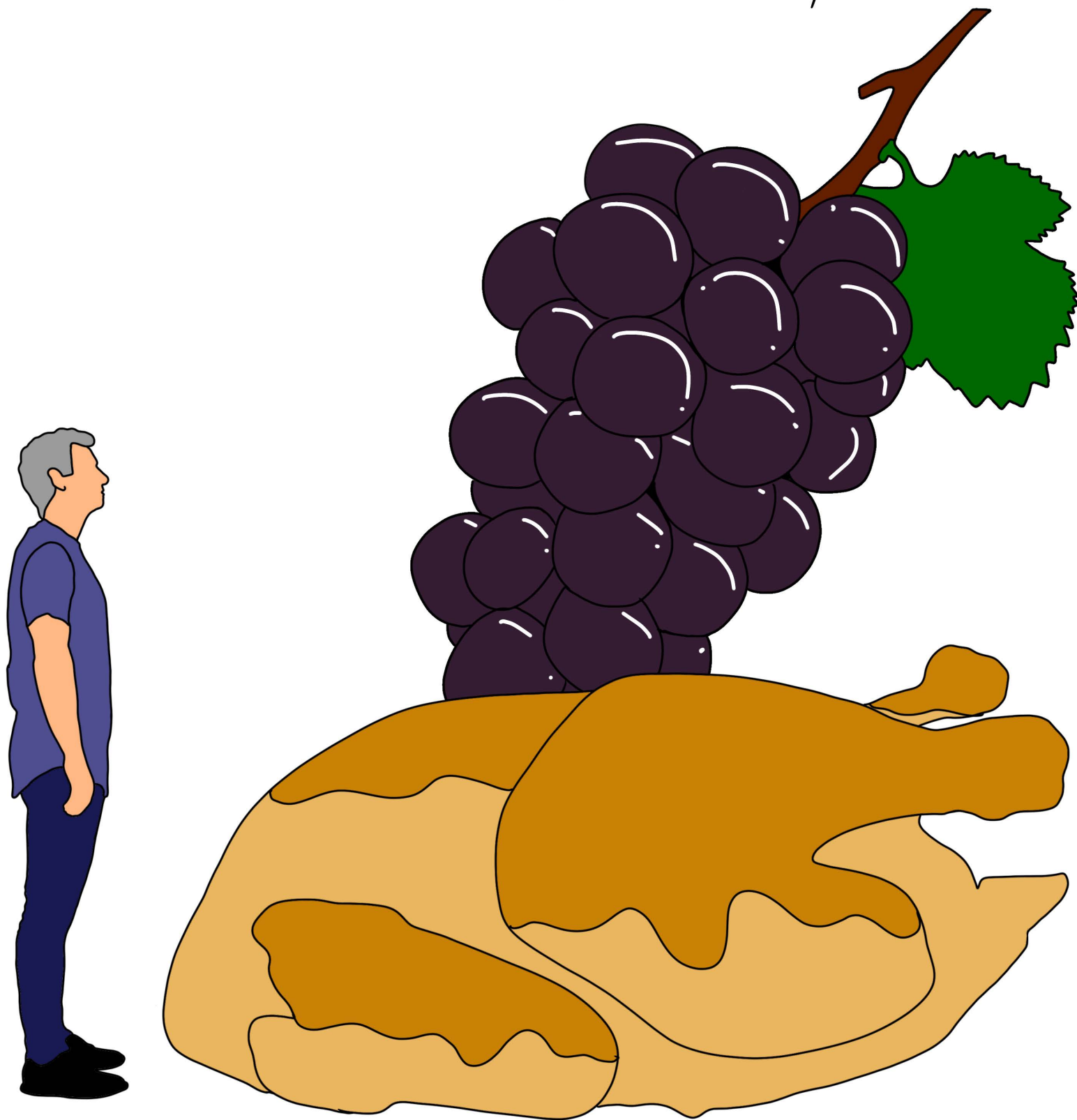


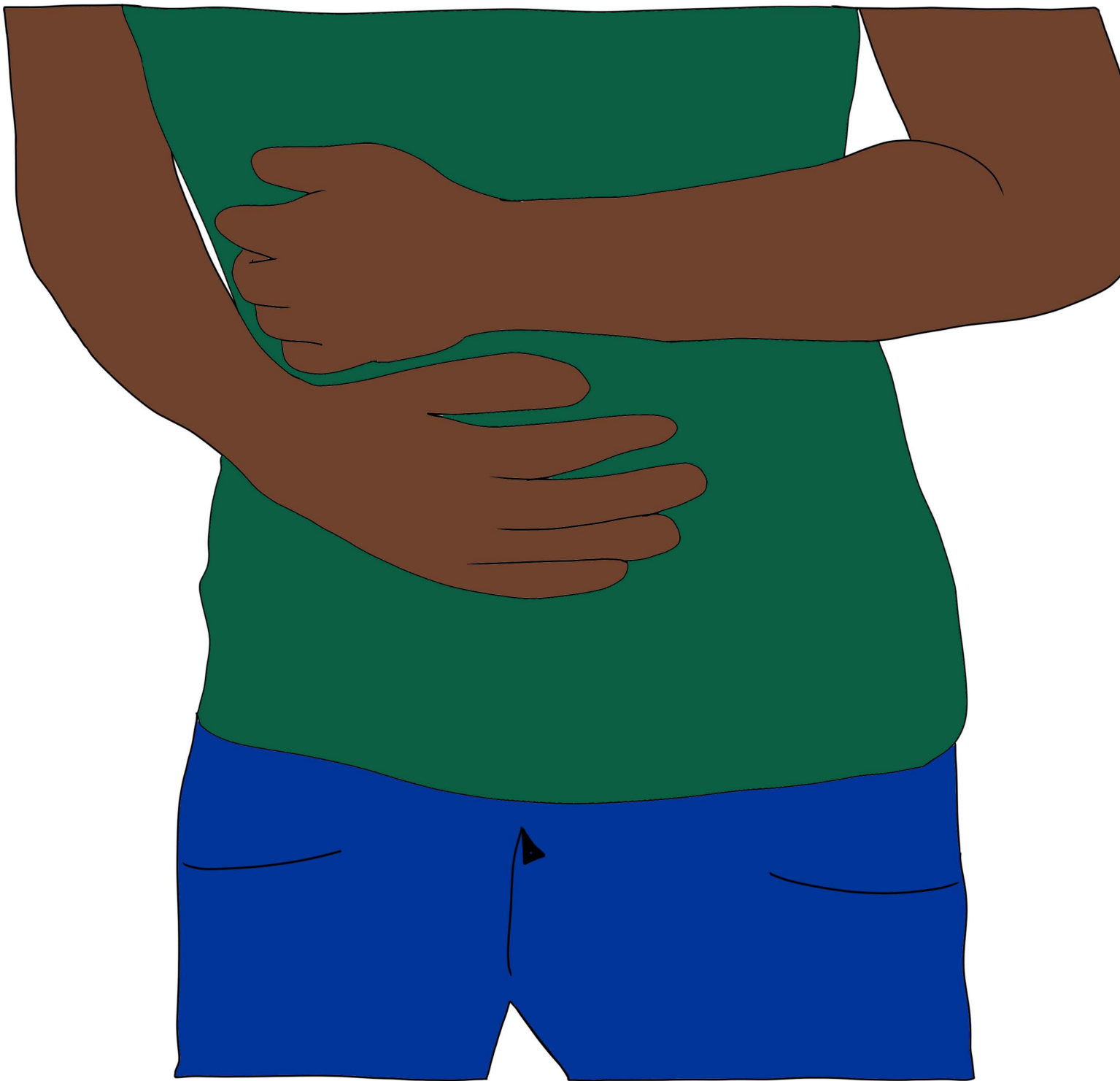
But now I know that ~~that~~ they're not always sad; sometimes their faces  
just don't feel so sick.

They takes lots of pills that can taste super yucky.  
But having medicine that works makes them really very lucky.



Even eating can become a big chore.  
Because it can be hard to chew, even when they want more.





they may use the potty often, and take a long time  
because muscles near the tummy are out of their prime.



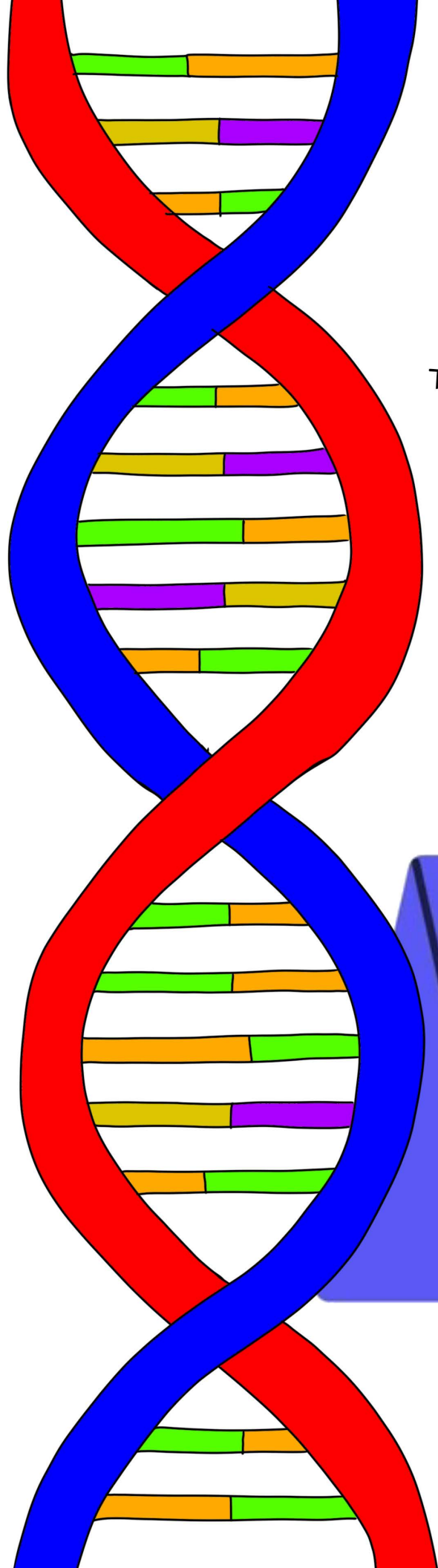
These are my chances to show that I am good at waiting.  
I play by myself and I steer clear from blaming



People with Parkinson's may talk funny, too.  
Like they are trying to speak, but they forgot to chew.

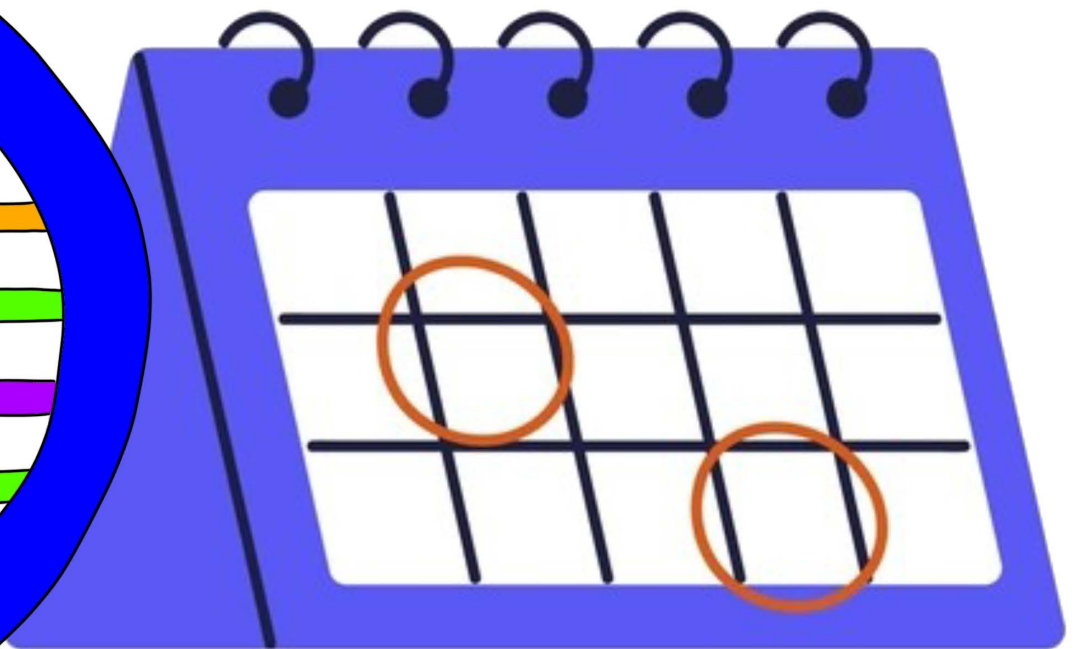


But I know that they are trying their best,  
so I'll listen closely and stand the test.



There are surgeries that may help but not everyone can have them.

So it can get really confusing, and not every day is a gem.



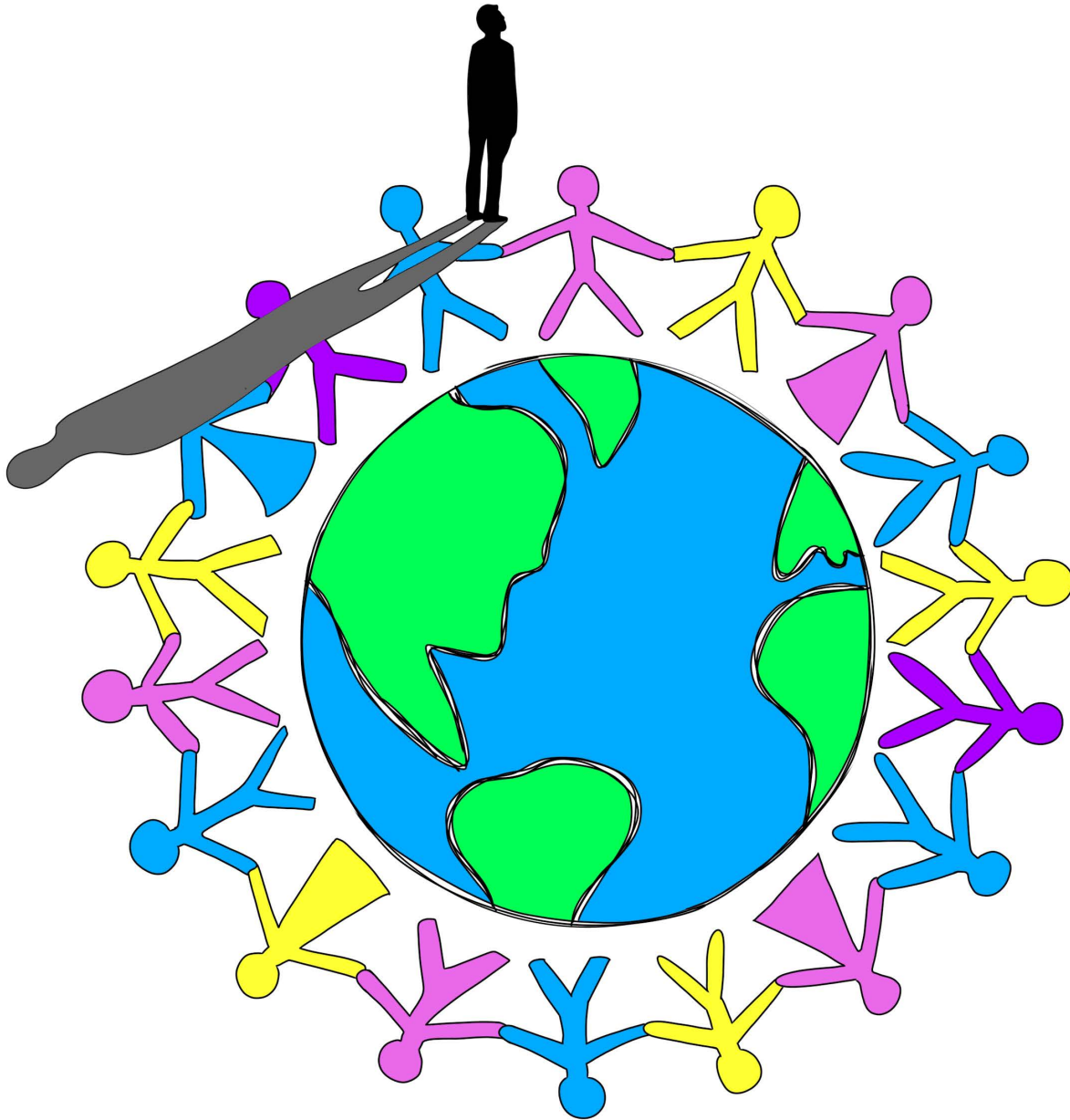
It's okay to be sad, or scared, or happy, or nervous.  
When that happens, I just ask "how can I be of service?"



If they need my help, then I'm happy to try.  
I don't have to feel what their body feels, or even ask why.



Some days it can feel lonely to love someone so ill.  
But there's a whole world of friends we can talk to,  
and we just need the will.



At the end of the day (and some days are very long),  
I know that with friends and family, we all belong.

Last but not least when we see someone struggle,  
we just give them support and maybe even a snuggle.



aAnd if I'm ever confused and want to know more,  
they're happy to tell me, so I'll have knowledge to store.



And if I see a person being treated not very nicely,  
I tell an adult who can help (and I tell them precisely).





So you see, Parkinson's Disease had a lot of scary lore.



But we love the person just same...

... if not a little more.

