



Parkinson's EmPower Talks

Discussion Questions

Bryanna Bruger, PsyD

Overcoming Apathy: Strategies for Increased Motivation and Engagement

- 1. What did you learn from this podcast?**
- 2. If you have experienced apathy, how did it affect you?**
- 3. What are some strategies you have used to increase your motivation?**
- 4. If you are a care partner, what methods have you used to inspire engagement in your loved one?**
- 5. Have you discussed apathy with your provider? If so, what advice did they offer?**
- 6. How do you feel about Bryannas EmPowering advice?**

**We appreciate your feedback on this episode and welcome suggestions for future podcasts!
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