



Parkinson's EmPower Talks

Discussion Questions

Lisa Kokontis, MD

Memory Changes: Is it PD or normal aging?

- 1. What did you learn from this podcast?**
- 2. Were you aware there were so many types of memory problems?**
- 3. What are some ways you “exercise” your memory?**
- 4. What tips can you share for managing memory changes in your daily life?**
- 5. Has this video changed how you view diagnosis or treatment of memory changes?**
- 6. How do you feel about Dr Kokontis's EmPowering advice?**

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