



Parkinson's Support Group Discussion Prompts

Sometimes support groups flow naturally with conversation. Other times, a simple prompt can help get the discussion started or guide the group toward a meaningful topic.

Discussion prompts can help participants reflect on their experiences, share practical ideas, and learn from others who are navigating similar challenges. Facilitators may use these questions to start a meeting, introduce a topic, or encourage conversation if the group becomes quiet.

Participants should always feel comfortable sharing as much or as little as they wish.

Living with Parkinson's

- What was one of the biggest adjustments after your diagnosis?
 - What has helped you adapt to living with Parkinson's?
 - What advice would you give someone who was newly diagnosed?
 - What has surprised you most about your Parkinson's journey?
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Daily Life and Practical Strategies

- Are there tools, devices, or small changes at home that have helped you?
 - What daily routines make your day easier?
 - Are there strategies that help you stay organized with medications or appointments?
 - What tips would you share for managing mornings or evenings?
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Movement and Staying Active

- What types of movement or exercise have helped you the most?
- What motivates you to stay active?
- Have you discovered any local classes, programs, or activities that you enjoy?
- What helps you keep moving on days when energy is low?

Non-Motor Symptoms

- What non-motor symptoms have been the most challenging for you?
 - Have you found helpful ways to manage sleep, fatigue, or mood changes?
 - How do you manage stress or anxiety when symptoms fluctuate?
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Relationships and Support

- Who has been an important support in your Parkinson's journey?
 - What helps you communicate your needs to family or friends?
 - How has Parkinson's changed your relationships in positive or unexpected ways?
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Care Partner Perspective

(when care partners are present)

- What has helped you most in supporting your loved one?
 - What advice would you give another care partner just beginning this journey?
 - What types of support have been most meaningful to you?
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Hope and Encouragement

- What helps you stay hopeful?
 - What is something you are proud of navigating since your diagnosis?
 - What is something you are looking forward to in the coming months?
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Learning from Each Other

- Has anyone discovered a helpful resource, program, or tool recently?
 - Are there strategies that have helped with mobility, speech, or daily tasks?
 - What is one "pearl" you have learned that might help someone else?
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Facilitator Tip

Not every prompt needs to be used in one meeting. Choose one or two questions that feel most relevant to the group. If conversation begins flowing naturally, allow participants the space to share their experiences.

The goal is not to answer every question—it is to create a supportive environment where members feel comfortable learning from one another.

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