



Parkinson's EmPower Talks

Discussion Questions

Guest: Ruth Busalacchi, SYNERGY HomeCare

When Parkinson's Changes: How Home Care Adapts Over Time

1. Ruth talked about noticing subtle changes early in Parkinson's. What small changes have you noticed over time that signaled a new challenge or need for support?
2. The episode discussed planning for care before a crisis happens. What kinds of planning conversations have been helpful for you or your family?
3. What strategies or tools have helped you or your loved one maintain independence at home?
4. Ruth described the idea of creating a "Team" around someone living with Parkinson's. Who is currently part of your support team, and what role do they play?
5. What small changes or routines have helped reduce stress or make daily life easier for you or your care partner?
6. What advice would you give someone who is earlier in their Parkinson's journey about planning for future care needs?

Keep following Parkinson's EmPower Talks at wiparkinson.org