

DAILY LIVING WITH

Parkinson's

ADAPTIVE TOOLS FOR EVERYDAY TASKS



INSIDE:

Simple tools to support safety, independence, and confidence at home.

2026
10

Celebrating
10 Years of

- AWARENESS
- ADVOCACY
- SUPPORT

for People with
Parkinson's



A Little Support Goes a Long Way

Everyday tasks can feel different when Parkinson's symptoms are at play. Changes in balance, coordination, strength, or dexterity can make familiar routines more challenging.

Adaptive tools are designed to make these tasks safer, easier, and more manageable — helping you maintain independence and confidence in your daily life.

You don't have to figure this out alone. Our team can help guide you toward tools that fit your needs.



How to Use This Guide

FINDING WHAT WORKS FOR YOU

Everyone's experience is different. You may not need every tool – and that's okay.

As you look through this guide:

- 1.** Focus on tasks that feel challenging
- 2.** Start with one or two small changes
- 3.** Choose tools that feel comfortable and easy to use

We recommend speaking with a therapist or trained professional for personalized guidance.

dressing

GETTING DRESSED WITH EASE

Getting dressed can become more difficult due to stiffness, tremors, or limited mobility. These tools are designed to reduce strain and make the process smoother.



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- 1 Button & Zipper Hook**
Helps guide buttons through holes and pull zippers with greater control.
 - 2 Sock Aid**
Allows you to put on socks without bending down.
 - 3 Dressing Stick**
Assists with pulling clothing on or off, including shirts, pants, and socks.
 - 4 Shoe Horn**
Helps guide your foot into shoes without bending or straining.
 - 5 Magnetic or Adaptive Shirts**
Designed to replace buttons with magnets for easier fastening.
 - 6 Pull-On Pants with Grip Tabs**
Provides extra support when pulling clothing up.

bathing & grooming

STAYING SAFE IN THE BATHROOM

The bathroom can present balance and safety challenges. These tools help reduce risk and support independence.



1 Grab Bars

Provide stability when entering or exiting the shower or using the toilet.

2 Shower Chair

Allows for seated bathing to reduce fatigue and fall risk.

3 Non-Slip Bath Mat

Improves traction in wet, slippery surfaces.

4 Electric Toothbrush

Helpful for limited wrist mobility or coordination.

**5 Dispensers
(Soap/Shampoo/Toothpaste)**

Reduce the need for gripping or squeezing containers.

6 Foot Scrubber

Helps clean feet without bending or balancing on one leg.

eating & cooking

MAKING MEALTIME EASIER

Tremors, reduced grip strength, and coordination changes can make preparing and eating meals more difficult. These tools help improve control and reduce frustration.



1 Weighted or Adaptive Utensils

Designed to improve grip and reduce the impact of tremors.

2 Plate Guard

Prevents food from sliding off the plate while eating.

3 Rocker Knife

Allows cutting with one hand using a rocking motion.

4 Cutting Board with Stabilizers

Keeps food in place while cutting.

5 Non-Slip Mats

Prevent dishes from moving during preparation.

6 Spill-Proof Cups

Reduce spills and improve confidence while drinking.

A Trusted Leader in Parkinson's Programming

For more than 25 years, Evergreen Commons has been a trusted guide for individuals and families living with Parkinson's disease. What began in partnership with Holland Hospital has grown into a specialized, research-informed program that supports strength, mobility, confidence, and connection.

Today, our trained and certified staff lead eight class formats, 17 weekly exercise sessions, and a monthly support group, all designed to meet people where they are and help them move forward.

Backed by strong partnerships with healthcare, rehabilitation, and community organizations, Evergreen Commons offers both the expertise and compassionate support needed along the Parkinson's journey.



Start with a Conversation

You don't have to have everything figured out before reaching out. We are here to listen, answer questions, and help you take the next step – **at your pace**.



To schedule a complimentary Parkinson's consultation and assessment, Contact **Sydney Meeuwsen** at 616-355-5146 or meeuwsens@evergreencommons.org

Trusted Resources

These organizations provide **reliable** information, research updates, and educational tools:

Parkinson's Foundation

The Michael J. Fox Foundation for Parkinson's Research

Davis Phinney Foundation

American Parkinson Disease Association

Parkinson's Association of West Michigan



480 State Street
Holland, MI 49423
616-396-7100

www.evergreencommons.org/parkinsons

Our Commitment

POWER TO MOVE

REFLECTS OUR ONGOING DEDICATION TO:

- **Deepening support** for those living with Parkinson's
- **Strengthening** caregiver inclusion and connection
- **Expanding** therapeutic arts and wellness **programming**
- **Creating meaningful opportunities** to move, create, and thrive together