

# THE BURDEN OF COVID-19 FOR PEOPLE WITH PARKINSON'S

extra



The corona crisis has upset people's routines. This is challenging for everyone. And even more so for people with Parkinson's



Social isolation



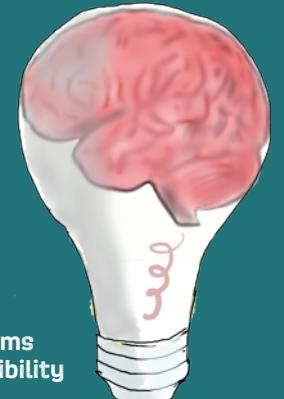
Stress



Physical inactivity



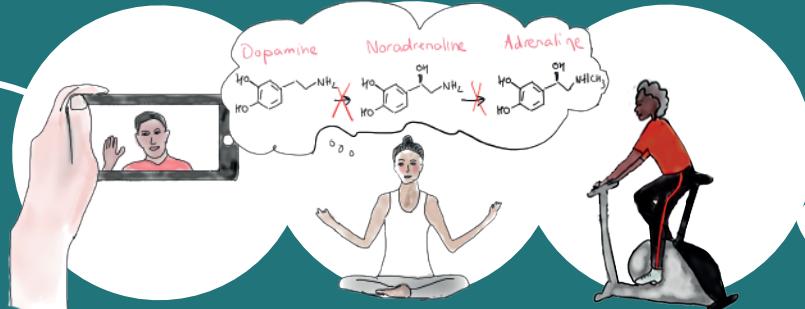
Worsening symptoms  
Less cognitive flexibility



## Cognitive flexibility

Cognitive flexibility is necessary to adapt in times of crises. It is powered by dopamine of which people with Parkinson's have less than other people. Stress diminishes dopamine levels and a feeling of being in control even further

Researchers are curious how the corona pandemic will show in the data which are now being collected by following patients in time. Data are collected with wearable sensors and identification of biomarkers in bodily fluids. Analysis may give us hints about resilience in Parkinson's



Socialising online

Mindfulness

Home based/online workout

To counteract the downward spiral, and set up new home-bound routines, people with Parkinson's can use a little help from their friends (and physicians)