

Decluttering

1) Empty Space at home, in office, and in your mind.

Decluttering is a powerful tool. It can help combat early cognitive changes, encourage you to step out of your comfort zone, and motivate you to stay active and engaged.

2) Sort items into categories:



TRASH DONATE SELL RECYCLE KEEP

3) Take Action: Discard / Donate

4) Organise remaining items

- Can you find a nice symmetrical line up of the same cupboards or trays?



Creating order at home, at work or in your mind can help counter the progression of Parkinson's disease. Even a 10–15 minute tidy-up or a planned weekly decluttering session can make a difference!

5) Maintain the de-cluttered space

Clear Space - Better Storage - Clarity

6) Celebrate!

