

Caregiver Tips for *LSVT* **BIG**[®]

People living with Parkinson's disease or other conditions may feel like they are moving normally, when in fact their movements are too small or too slow. Through LSVT BIG[®], they will learn to recognize this and how to move with bigger, more normal movements.

1. Provide simple cues

- Speed of processing information slows, just like speed of movement slows. Long verbal descriptions can be ineffective.
- Provide concise, repetitive cues such as "BIG effort", "BIG hands", "BIG step", "BIG posture", and "BIG reach."
- Give extra time for information processing. After an instruction, pause and wait for a response.

2. Demonstrate the movement

- Showing how to move is more effective than explaining.
- Do the exercises and activities along with them if you are able.
- Model the movement yourself using big effort.

3. Provide positive feedback & encouragement

- Positive reinforcement is more powerful than negative. Rather than saying "Stop shuffling your feet", say "Remember to use BIG steps!"
- When you notice they are using BIG movement and BIG effort correctly, encourage them to continue.
- Stay calm, supportive, and confident to decrease stress. Stress will make movement even more difficult.

4. Attend therapy sessions to learn how to be successful at home

- The therapist will teach you how to provide cues and support carryover of bigger movements at home.
- Pay attention to the cues the therapist uses that are successful, so you can use these at home.
- The therapist may recommend that you also learn how to do the exercises so you can practice with them at home.

5. Homework Helper Videos

- Available in DVD, download and streaming formats to support home exercise practice.

Scan for more information about Homework Helper Videos

