

Staying Active with Ataxia

Barbara Tinari (diagnosed 2014)

and

Frank Tinari (husband, caregiver)

Summer Beach Going

- We still go to the beach
- BUT Barbara does not go on the sand
- INSTEAD
- Barbara uses her walker,
- takes a book and reads on a boardwalk bench
- OR
- She rides her scooter to sightsee along the boardwalk

Dinner Out with Family or Friends

- We still go out for dinner
- We call ahead to make sure there is easy access
- We try not to go to noisy restaurants because of her speaking impediment
- Barbara uses her walker
- BUT
- Sits at the table in a chair

Going To Movies

- We still go out to see movies
- We ask about access to seating
- Barbara uses her walker
- We find seats that are convenient to access
- We usually sit at the end of a row and keep the walker nearby

Taking Long Walks

- Frank walks while
- Barbara rides her scooter
- We usually walk for about 45 minutes
- Scooter enables Barbara to see the neighborhood sights
- Bumpy sidewalks and street crossings are a challenge

Ballroom Dancing

- We used to dance together
- Now only Frank goes for dance lessons
- BUT
- We use the heated swimming pool at our local club
- We do a simple rumba together in the pool every weekday morning
- Barbara walks in the pool and does water exercises with Frank

World Travel

- We still travel, but perhaps not as frequently
- Once seated in a airplane, Barbara is comfortable
- Using restroom on the plane can only be done by herself
- Airlines seem to be very helpful in getting to and from the plane
- Our last trip, an African safari, was arranged through a handicap accessible tour company
- Barbara now travels with a folding scooter
- In hotel rooms, she uses her walker



