

### Get organized before your appointment

- Bring a list of your **current** medications to your appointment. Include pill strengths, and times you take them.
  - Include **ALL** prescription and over the counter medications.
- Make a list of concerns you want to talk about. Prioritize your concerns, as there may not be time to discuss all of your concerns at one visit.
  - What things do not go well for you in your day? When do they occur?
  - What symptoms bother you the most? When do they occur?
  - What is the result of changes made at your last appointment?
- What other things is it important for your team to know? Since your last appointment:
  - have you had a change in your health?
  - have you been in the hospital?
  - have you had surgery?
  - have you had a change in where you are living, or with whom you live?
- If coming for a physician visit, do you need to see a member of the rehab. team on the same day?
- Do you want a letter from the visit to go to your primary doctor? If so, bring to the appointment:
  - First and last name of your primary doctor
  - Name of clinic and mailing address
- Bring someone with you to the appointment.
  - It is helpful to have someone else hear and understand the information.
  - Ask them to record answers on your questions and concern list.
- Arrive on time. Allow time to:
  - Check in. Bring your insurance cards to all appointments.
  - Complete any written information/forms.
  - Use the bathroom before the start of your appointment.

### Before you leave the appointment

- Understand the plan
  - Ask for a written medication schedule, especially if there are changes.
  - If a new medication has been added:
    - Understand what the medication is supposed to do.
    - Understand when and how much to take.
      - Understand the potential side effects and what to do if they occur.
      - If you do not understand, ASK. Questions are welcome!
- Understand when you are to return to clinic.
  - Make your appointments before leaving.

### Involving Your Team:

Your medical team of doctors, nurses, rehab therapists, and social workers can help you live well with Parkinson's. Establish healthy relationships by learning about each team member's role and understanding how to access their services when needed. Ask questions and state your concerns to help each team member meet your personal needs.