Activities may become emotionally and physically draining

Uncontrolled, involuntary movements (dyskinesia) and stiffness, slowness, and tremors (OFF time) can occur unpredictably throughout the day, interrupting your ability to function. Talk to your doctor to better understand and manage how Parkinson’s disease impacts your daily activities. 1,2,3,4

Dyskinesia, OFF time and their unpredictable nature may significantly impact daily living3-5

SOCIAL
Casual meetups with friends and family may become limited or uncomfortable

WORK
You may not feel confident in day-to-day tasks or may feel embarrassed around coworkers

ROUTINE ACTIVITIES
Stiffness, rigidity, writhing, and flailing make simple tasks like typing, signing your name, texting, or dialing a phone difficult; it can also be embarrassing, irritating, and stressful

SPECIAL MOMENTS
Not wanting to feel awkward at events like birthdays and family reunions may prevent you from going at all

HOBBIES
Participating in hobbies like gardening or painting may become difficult if you are experiencing dyskinesia and OFF time

MEALS
You may not be able to finish meals without an accident so it could become difficult to eat in public

DISCUSS WITH YOUR DOCTOR HOW DYSKINESIA AND OFF TIME IN PARKINSON’S DISEASE IMPACT YOUR DAILY LIFE

FLIP THE PAGE ›
ASK THE RIGHT QUESTIONS ABOUT DYSKINESIA AND OFF TIME

Talking to your doctor about Parkinson's disease dyskinesia and OFF time is an important step to take in your care plan. Since every situation is different, use these questions as a guide and conversation starter.

How do I know what I am experiencing is dyskinesia rather than a symptom of PD, like a tremor?

What does OFF time feel like? Why do I experience OFF time?

As I continue levodopa treatment, am I likely to develop dyskinesia?

The unpredictable nature of my dyskinesia and OFF time make it difficult for me to plan for my daily activities. What are my treatment options?

What advice do you have for my care partner to better observe and track my dyskinesia and OFF time so we can better discuss my symptoms at my next visit?

THESE QUESTIONS MAY HELP YOUR DOCTOR UNDERSTAND HOW DYSKINESIA AND OFF TIME IMPACT YOUR DAILY ACTIVITIES

References: