

# Steps to Prepare for a Parkinson's Appointment

Start preparing at least two weeks before your next Parkinson's disease (PD) appointment so you're ready to talk about what matters most to you.







Use this worksheet to choose your top three appointment topics. Consider working on it with someone you trust for another point of view.

## PART 1

### Think About How Parkinson's Affects Your Life

Keep notes on PD concerns between appointments. Use a journal, send yourself an email, record a voice memo or use an app. This will make it easier to identify your top concerns before visits.

Consider each of the areas below.

 Physical health	 Mental health	 Family & friends	 Work	 Everyday activities, chores	 Activities you enjoy, hobbies
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## STEPS

1

### Symptoms: Reflect on what's new or different.

- Which symptoms bother you most? How do they impact your daily life?
- What makes symptoms worse or better?
- Did changes made at your last appointment help with symptoms (medications, therapy, diet)?
- Have your family or friends noticed any changes?

#### Example

- I've felt dizzy twice this week when I stand up, like I might faint.
- My tremor gets so bad in the evening, I skip invitations to go to dinner with my friends.

2

### Goals: Consider what matters most to you.

- What are you focused on right now (work, family, hobbies, travel)?
- What activities do you want to keep doing?
- Do symptoms make it hard to do the things you enjoy?

#### Example

- We have a family trip this year, and I need to be ready to walk a lot.
- I love my job and need to keep working for several years.

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### Concerns: Think about your biggest questions or worries.

- Are you worried about medications (not lasting as long, costs, side effects)?
- How is Parkinson's affecting your relationships?
- Do you need help finding Parkinson's resources and support?

#### Example

- My anxiety is worrying my family. What can I do?
- I can't get to a gym. What exercises can I do at home for Parkinson's?

## PART 2

### Decide What is Most Important for this Appointment

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Choose your top 3 topics for the appointment.

Now that you've reflected, think about what's affecting your daily life and needs to be addressed as soon as possible. Finish this sentence:

"If I can only discuss three things with my healthcare team during this visit, the most important are \_\_\_\_\_."

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Write your top 3 topics below.

Put topics in order of importance. Be ready to share your list at the beginning of your next appointment. Be as specific as you can. For symptoms, include how often they happen and what time of day they usually occur. Consider bringing a video of movement symptoms to show your healthcare team.

1

2

3

To print additional copies of this worksheet, visit [Parkinson.org/OptimizingCare](https://www.parkinson.org/optimizingcare).



#### Important Reminders

- ★ Share any symptom that bothers you, even if you're not sure it's related to PD.
- ★ Bring a list of all your medications to your visits, including non-PD medications. Include the time you take them and the amount.
- ★ If possible, take someone you trust with you to appointments.
- ★ Learn about PD symptoms and treatments to help you communicate with your care team.



#### Need Help?

Contact the Parkinson's Foundation Helpline at 1-800-4PD-INFO (473-4636) or [Helpline@Parkinson.org](mailto:Helpline@Parkinson.org).

Our Helpline team can:

- Help you prepare before an appointment.
- Answer PD questions you didn't address during appointments.
- Locate PD specialists, support groups and exercise classes near you.