

Your Step-by-Step Hospital Planner

A hospital stay — whether planned or unplanned — can be especially challenging for people living with Parkinson's disease (PD). Hospital staff may not be experienced with PD. This means you and your care partner will likely need to play an active role in advocating for your Parkinson's needs. Use this planner to be prepared ahead of time.

Preparing for a Hospital Stay

Check off each item as you complete it.



Carry Parkinson's identification in case of an emergency.

Use the **Medical Alert Card** at the back of this book or purchase a medical alert bracelet. You can also use the Medical ID feature on your smartphone.

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Prepare a hospital "go bag."

Gather these items:

- Your **Parkinson's Foundation Hospital Safety Guide**
- Completed **Medication Form**, signed **Doctor's Letter** (page 24)
- Current medications in labeled pharmacy bottles (2+day supply)
- Completed **Advance Directives** (page 8)
- Your DBS remote, if applicable

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Keep your "go bag" by the door.

Let family and friends know where to find it in case you need to go to the hospital unexpectedly.

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Choose a hospital care partner to accompany you in the hospital.

Learn more about how to pick a hospital care partner and how to prepare that person to advocate for you in the hospital on page 8.

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Grab your "go bag" with completed forms and medication bottles

Ask someone reliable to bring any forgotten items to the hospital.

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For more information, visit [Parkinson.org](https://www.parkinson.org)
or call our Helpline at: 1-800-4PD-INFO (1-800-473-4636).

Once You Arrive at the Hospital



Check off each item as you complete it.

Speak up. Each unit will focus on what brought you there. Plan to communicate the urgency of your Parkinson's needs.

- Share the **Parkinson's Care Summary** (page 31). ☐
- Remind staff you have PD before each procedure or surgery and if new medications are prescribed. ☐
- Let your care team know if you have device-specific needs. ☐

Contact your PD doctor. Let your doctor know why you are in the hospital and ask about the best way to reach out for extra support if needed. ☐

Stick to your regular medication schedule. Delayed medications can lead to severe complications. ☐

- Share your **Medication Form** (pages 27-28) and explain the importance of receiving your medications within 15 minutes of your usual schedule. ☐
- Ask to use your own supply if the pharmacy doesn't carry your medication, or you are waiting too long for your next dose. ☐

Ask for referrals to other specialties, such as physical, occupational, speech/swallowing therapies, neurology or nutritional services. Each has a different role supporting your needs. ☐

Review the Real-Time Steps for getting your five Parkinson's care needs met throughout your hospital stay (pages 9-19). ☐

Preparing to Leave the Hospital

Make sure you understand and agree with the discharge plan. Ask questions if anything is not clear.

- If you are going **home without home care**, talk to the hospital social worker about supportive resources.
- If your discharge plan includes one of the following, use your Hospital Safety Guide to continue advocating for your PD needs.
 - **Home with home care** — care professionals come to your house to provide recovery assistance.
 - **Short-term inpatient rehabilitation** — you will receive care at a rehabilitation facility or hospital until it is safe to go home.
 - **Long-term care** — you will go to a care community, such as an assisted living or skilled nursing facility for the care you need.