

WELLNESS KEY 3 TOOLS

Parkinson's Pre-Appointment Worksheet

For people with Parkinson's disease (PD), appointments with the healthcare team are valuable opportunities to discuss symptoms, concerns and goals. Preparation is key to making the most of these visits. Planning ahead with a care partner can help prioritize questions and concerns and set clear health goals for the appointment. Whenever possible, inviting a care partner, trusted friend or family member to join the visit for support and note-taking can help ensure important topics are covered and understood.

Use this checklist to help get ready for an appointment:

Review relevant Parkinson's information.

Get familiar with the basics of PD symptoms and treatments. This can free up time for more individualized discussions during the appointment.

Fill out the Medications Form.

Visit [Parkinson.org/Worksheets](https://www.parkinson.org/Worksheets) to print and complete this form. Pay attention to any new side effects and list them in the notes section.

Monitor symptoms.

A week before the appointment, note any symptom affecting daily activities. Consider when the symptom occurs, along with factors that improve or worsen it, such as stress, medication, meal timing or sleep. This information can help identify patterns to discuss with the healthcare team.

Reflect on what matters most.

Consider important goals, such as enjoying a hobby, participating in an upcoming family event or managing work and home responsibilities, along with symptoms that might impact these goals.

Choose three main questions or concerns.

Sharing these at the beginning of an appointment can help keep the discussion focused.

The Parkinson's Foundation Helpline specialists are available to answer your PD questions, discuss any concerns and connect you with health professionals, local support and resources. Call at **1-800-4PD-INFO (1-800-473-4636)** or email Helpline@Parkinson.org.

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Parkinson's Pre-Appointment Worksheet Continued

Complete this section before each PD appointment to prioritize questions and concerns.

Examples:

1. I want to help out with my grandkids after school, but lately I've been too tired to keep up. Is this due to PD, a side effect of my medication or something else? – Person with PD
2. My spouse doesn't feel motivated to exercise, but we know it's really important. Is there anything we can do? – Care partner
3. I get so stiff in the morning that it's hard to get out of bed. Should we be looking into medication changes or is there something else that would help? – Person with PD

1.

2.

3.

During the Appointment

Share questions and concerns openly. Though talking about sensitive issues can be difficult, your input guides treatment. The aim of the healthcare team, who has likely heard it all, is to improve quality of life.

Take notes to remember important details later. Use one notebook for Parkinson's appointments so you can track trends and follow up with the healthcare team.

Ask for clarification if anything is unclear. If starting new medications, ask about possible side effects.

Request referrals to specialists, like physical therapists, mental health professionals and local support services. Care partners can also inquire about resources for their own needs.

Confirm instructions and next steps before leaving to understand the follow-up plans and stay focused on goals. Ask the healthcare team how to reach them if you have more questions later.

Note for Care Partners:

Encourage the healthcare team to communicate directly with the person with Parkinson's rather than through you.



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