

WELLNESS KEY 5 TOOLS

Planning for Hospital Safety

People with Parkinson's disease (PD) are at a higher risk of hospitalization and face many challenges while in the hospital, including not getting their medications on time or limited opportunities for movement. This year alone, one in every six people with PD will experience avoidable complications in the hospital. Symptoms, such as confusion or thinking changes, can develop due to stress, infection, fatigue, sleep issues, surgery or new medications.

Preparation and clear communication can help minimize complications and recovery time.

1. Order or download the free Hospital Safety Guide at [Parkinson.org/HospitalSafety](https://www.parkinson.org/HospitalSafety).
2. Carry Parkinson's identification in case of an emergency.
3. Prepare a hospital "go bag" using the Hospital Safety Guide. Keep it by the door.
4. Be ready to accompany your loved one to the hospital. Prepare a secondary care partner in case you are not able to be there the entire time.
5. Plan to communicate the urgency of PD needs, including medications on time, every time.

Use the Five Parkinson's Care Needs to help communicate your loved one's PD needs during a hospital visit.

Need 1	Need 2	Need 3	Need 4	Need 5
				
Follow At-home Medication Plan	Medications On Time	Avoid Harmful Medications	Prioritize Regular Movement	Screening for Safe Swallowing

How to Communicate with 911

When calling for emergency help for someone with Parkinson's, follow these tips to get the right assistance quickly:

- Stay calm and focus on the main reason for calling — too many details can delay help.
- Mention the person has PD. Save detailed medical history for the emergency crew.
- Answer questions clearly and honestly.
- Stay on the line until help arrives and update the dispatcher if anything changes.

 To print additional copies, visit [Parkinson.org/Worksheets](https://www.parkinson.org/Worksheets).