

NAVIGATING PARKINSON'S DISEASE



Parkinson's Disease (PD) is a progressive movement disorder that advances differently for everyone. Over time, the way your symptoms are managed may need to be adjusted.

This questionnaire is intended for those living with PD and/or their care partners to complete and discuss with their healthcare provider. It is designed to help you and your healthcare provider better understand your current symptom status to determine a treatment plan that is right for you.

Daily Symptom Questionnaire

1	Does PD affect your ability to do 1 or more daily tasks? (i.e. walking, bathing, dressing, eating, etc.)	YES	NO
2	Do you experience random fluctuations of motor symptoms on a daily basis? Fluctuations: times when your symptoms are well controlled for part of the day and uncontrolled for another part of the day.	YES	NO
3	Do you have 2 or more hours of "off" time per day? "Off" time: a period when your symptoms return.	YES	NO
4	Do you experience dyskinesia for 1 or more hours per day? Dyskinesia: bothersome extra movements that you don't have control over.	YES	NO
5	How often do you take medication?	

Appointment Preparation Tip

Ask questions about your disease and your treatment. Make note of any questions you can think of ahead of time. Some examples of questions you might have:

- Are there any support groups you can recommend?
- If my medication isn't helping, what are my options?
- Can we discuss other treatment options?
- How else can I manage my PD?

Answer the questionnaire and bring it to your next appointment to discuss with your doctor. You deserve to have the best possible control of your PD symptoms.