

Making the most of your appointment

Before you next speak to your Parkinson's specialist, you might like to consider:

- What has changed since your last visit with your specialist?
- Have these changes caused you or your family any particular problems?

If yes, you can note down the changes that matter most to you below:

1. _____
2. _____
3. _____

Things that can change with Parkinson's

Getting about

Independence

Leisure/hobbies

Eating, drinking and digestion

Toilet habits

Sleeping

Pain

Relationships

Home-life

Behaviour

Thinking

Energy

Organisation

Anxiety

Medication

Since your last visit, what has changed for you and caused problems for you/your family?