

Proactive PD MANAGEMENT SELF-CHECK

Living well with Parkinson's takes a willingness to be engaged, proactive, and partner with your care partner and physician. Take this short quiz to see how you are doing.

I write down the questions I want to ask the doctor as they come to my mind so that I remember them at the visit.

NEVER SELDOM SOMETIMES FREQUENTLY ALWAYS

I note if there are certain times of day that I experience a particular symptom or side effect and how that may relate to the timing of my medications.

I ask my care partner to weigh in on observations regarding my health that I might not be aware of.

I am motivated to try new things to enable me to maximize my GOOD ON time and live life to the fullest with Parkinson's.

I feel that my voice is heard when I speak to my doctor about what concerns me.

I report changes to my doctor even if I do not believe they are a "big deal".

If your responses are in the orange/red—seldom or never—then now is the time to reevaluate what you can do to take a more proactive approach to your care and optimize your **GOOD ON** time. For some resources to help you, visit picturemoretimepd.com.

Thank you to our annual sponsor:



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800 256-0966 info@pmdalliance.org www.pmdalliance.org