Care Advising Checklist

Please reach out to a Care Advisor if you need help checking off any of these boxes

- ☐ Build your interdisciplinary team and plan to see them annually
    - ☐ Movement Disorder Specialist, Department of Neurology
    - ☐ Primary Care Physician
    - ☐ Physical Therapist /Occupational Therapist/Speech Language Pathologist
    - ☐ Care Advisor
    - ☐ Other specialists as needed
- ☐ Everyone who is diagnosed with Parkinson's will experience a different journey and no one has the same symptoms as another. Review the Motor and Non-Motor **symptom iceberg**.
- ☐ Making lifestyle changes and creating a daily routine can help with managing the challenges with Parkinson's Disease.
    - ☐ regular exercise
    - ☐ better sleep habits
    - ☐ proper nutrition
    - ☐ social engagement
    - ☐ medication management
- ☐ Plan to attend an In-Person Parkinson's Orientation Program. (Check our calendar for the next one near you)
- ☐ Consider the **Exercise Recommendations** provided in this kit to get started on your own. It is also recommended you establish with a physical therapist to build a personal plan. Explore various exercise opportunities.
- ☐ Change the sentence to: Consider practicing **The Mediterranean Diet** and getting proper hydration. You may also want to consider meeting with a nutritionist.
- ☐ Limit exposure to environmental toxins.
- ☐ Sleep issues are common for people with Parkinson's. Talk about sleep disturbances with your doctor.
- ☐ Plan and prepare for your neurologist or movement disorder specialist visits. Note questions and concerns to discuss with your doctor. Use a symptom log, notebook or app to track symptoms and medications.
- ☐ Review the stages of disease progression with your neurologist or movement disorder specialist and be proactive in management of symptoms.

- ☐ Maintain social connections and stay engaged with others. This is a great way to manage stress and feel less isolated. It can also help with cognition and apathy.
- ☐ Empower yourself with a positive attitude!
- ☐ Consider connecting with a peer through our **Mentorship Program**
- ☐ Contemplate how to share your Parkinson's diagnosis with your family and friends. It is often difficult to reveal a chronic condition. Contact a **Care Advisor** to help you navigate this topic.
- ☐ If you are a veteran, reach out to The Department of Veteran Affairs to explore whether you qualify for disability compensation and to receive comprehensive care.
- ☐ Consider participating in a clinical trial to help advance Parkinson's Research.
- ☐ People with Parkinson's can experience cognitive challenges. Learn ways to maintain cognitive health through brain exercises.
- ☐ Care partners need support too. Talk to a Care Advisor about support services and learn about caregiver burnout, the importance of respite, and changes in relationships.
- ☐ Many people with Parkinson's experience anxiety, depression, and apathy. Become familiar with mental health resources for both the Person with Parkinson's and the Care Partner
- ☐ If you are experiencing hallucinations or delusions, it is important to discuss these symptoms with your physician. Counseling and medications are available.
- ☐ Explore alternative medical providers and consider adding them to the treatment team along with specialty care providers. (Example: chiropractors, acupuncturists, massage therapists)
- ☐ Consider a home safety plan and a fall prevention class. These can provide guidance on adapting your home for safety and improving balance.
- ☐ Begin to plan for future care needs. Consider meeting with an elder law attorney to complete important legal documents, such as a power of attorney, and with a financial advisor to plan for the costs of aging at home or long-term care.
- ☐ Explore assistive devices and technology that can support independence, make everyday tasks easier, and improve quality of life while aging in place.
- ☐ Parkinson's symptoms can affect your ability to be a safe driver. Schedule a driving assessment, learn about driver rehabilitation programs, and identify alternatives to driving.