

Making the most of your appointment

To help discussion, you might like to consider how Parkinson's impacts your lives:

- Things that have got better
- Things that have got worse
- Any other concerns?

Note down the top 3 things you'd like to discuss below:

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		4 4 40		

2.

3.

What would you like to talk about?

getting up (thinking)
(behaviour change (relationships)
sleeping toilet habits leisure/ hobbies energy
getting about organising eating/drinking anxiety
(independence)
(communicating) (medication)
(confidence) (pain
Parkinson's DA MOVEMENT

This concept originated from The Cure Parkinson's Trust (CPT) and an expert group of healthcare professionals at advisory boards. Lundbeck Ltd/Teva UK Limited initiated the meetings and funded production of materials.

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