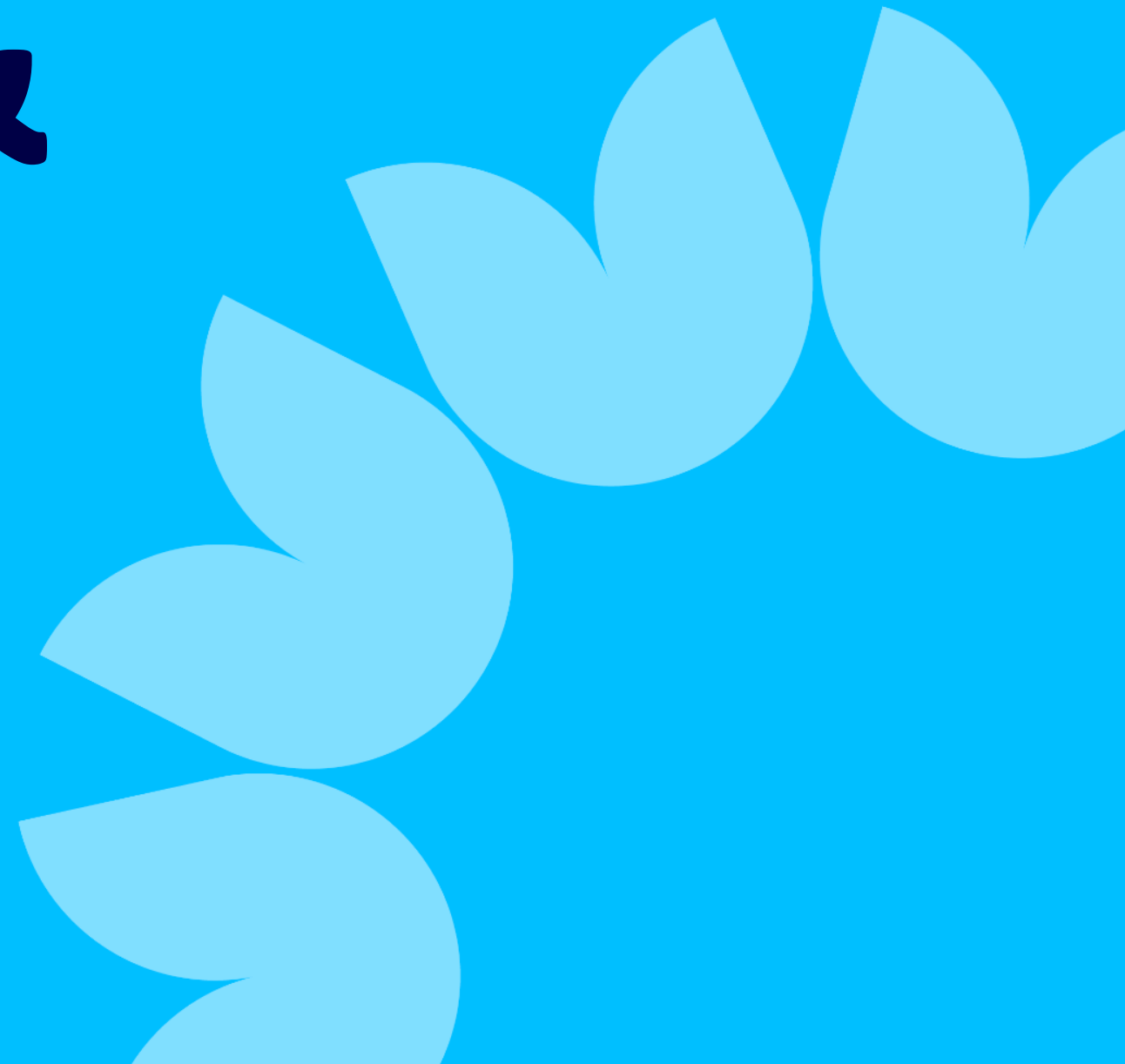


Hints & Tips



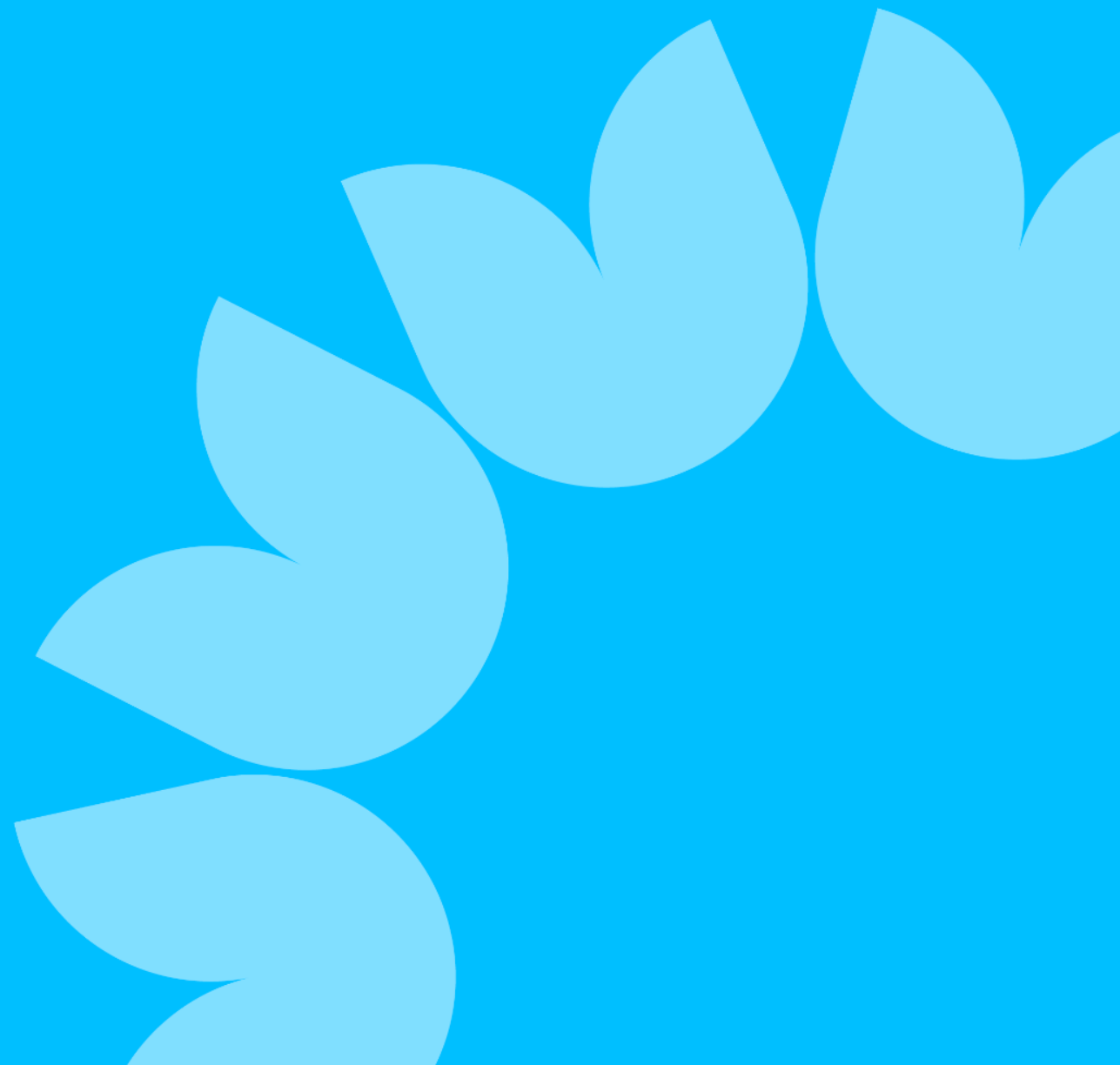
**Parkinson's
UK Scotland**



Out & About



Parkinson's
UK Scotland





3 key turner
£5.00



3 wheeled folding rollator
£125.00



Brass radar key
£8.50



Portable unisex urinal
£8.00



2 in 1 rollator and transit chair
£116.67



Car caddy
£20.83



Car mobility pack
£53.33



Handy bar
£26.67

You ID Me
EMERGENCY MEDICAL ID & ALERT SERVICE

Medical icons: heart, person, wheelchair, stethoscope, smartphone, eye, and a person with a cane.

Features:

- Your Vital ID
- Alerts x4 phones
- "Speak4me" Talks if you can't
- Alerts with maps Walkalone

MEDICAL CARDS SILICONE



QR CODED



WATCH ID





Make sure that you have read and understand the conditions for using your Blue Badge

Blue Badge Regulations





Slimline wedge for car seat comfort with strap
£44.00



Dignity Bib for Adults



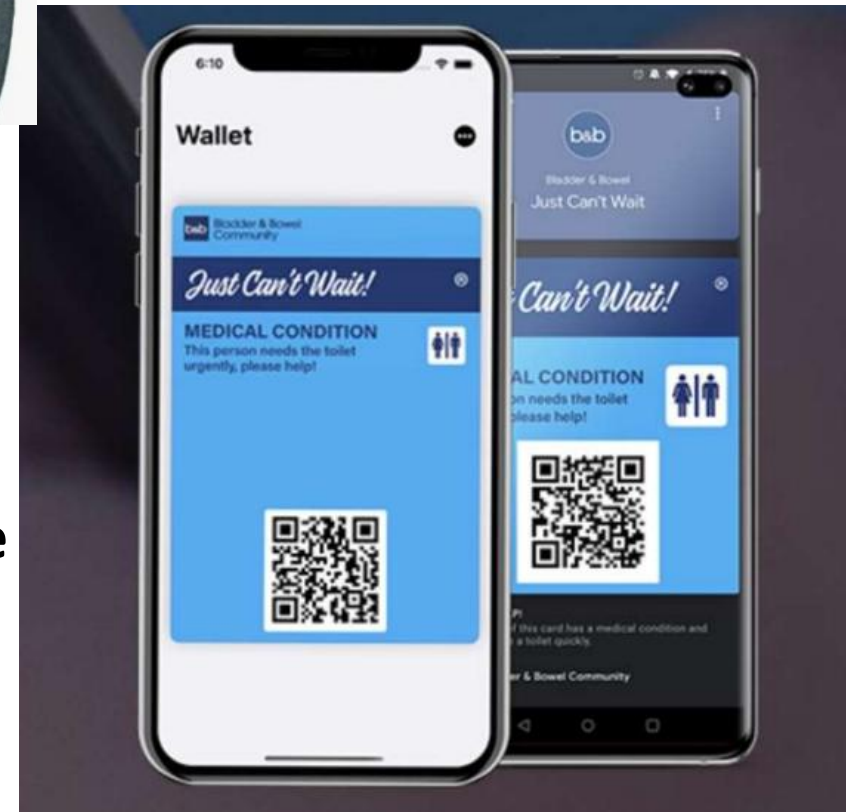
Sit and slide travel sheet
£48.33



Seat belt helper
£7.00



Easy to Operate Wallet



Going on Holiday



Parkinson's
UK Scotland

Baz Luhrmann Presents

**everybody's free
(to wear SUNSCREEN)
THE SUNSCREEN SONG
(class of '99)**

People with Parkinson's disease (PD) have a higher risk of developing melanoma, a type of skin cancer, compared to the general population. Studies suggest the likelihood of melanoma is 2 to 7 times higher in people with PD than in the general population.

Parkinson's Foundation

If you are travelling abroad, keep your pills in their original packaging so that you can bring them through Customs.



Pharmacy Stamp	Age 68 D.O.B	Title, Forename, Surname & Address Mr Darren Stobbart 26 Castle Way Glasgow GAS 5PI
Please don't stamp over age box Number of days' treatment N.B. Ensure dose is stated		NHS Number: 123456789
Endorsements		
Dipyridamole 200mg M/R capsules One to be taken twice a day 60 capsules		
Aspirin 75mg dispersible tablets One to be taken daily 28 tablets		
Losartan 50mg tablets One to be taken daily 28 tablets		
Omeprazole 20mg capsules One to be taken daily 28 capsules		
x x		
Signature of Prescriber <i>A Jones</i>		Signature Today's date
For dispenser No. of Prescrip. on form	Dr A Jones Anywhere practice Anytown Tel 0112 543654 Any CCG	1235456 AN1 5BP
NHS		FP10 S S0608

Take a copy of your prescription with you.

Packaging for pills can be bulky, so I take the pill blister packs out and fold the packs flat, holding them together with an elastic band.

“Get Travel Insurance that doesn't penalise you because you have Parkinson's. Look on the Parkinson's UK website for information.”

Travel insurance and Parkinson's...Standard **travel insurance** policies do not always cover these items....All Clear **Travel Insurance**

<https://www.parkinsons.org.uk/information-and-support/your-magazine/spotlight/travel-and-parkinsons>

Holidays, travel and Parkinson's

Information and support

Arranging **travel insurance**...Standard **travel insurance** policies don't always cover these items. ...It's important to have both a valid UK EHIC/ UK GHIC and a **travel insurance** policy when you

<https://www.parkinsons.org.uk/information-and-support/holidays-and-travel>



“Sunflower lanyards are often available at the airports and also can be very useful. You can order your lanyard from Hidden Disabilities - <https://hdsunflower.com/> - there's a fee and you can also design a personalised information card to attach to the lanyard.”

“On the Parkinson's UK website you can order for free the 'I have Parkinson's' alert card –

<https://shop.parkinsons.org.uk/products/parkinson-s-alert-card-1>, and a

Medication card -

<https://shop.parkinsons.org.uk/products/parkinson-s-medication-card-1>,

and the Get It On Time washbag -

<https://shop.parkinsons.org.uk/products/get-it-on-time-washbag?>



I have Parkinson's

- I may suddenly be unable to move.
- I may have a tremor or other uncontrolled movements.
- I may be slow or unsteady on my feet.
- I may have difficulty speaking or writing.
- I can hear and understand you. Please give me time.

“Booking assistance at airports really helps. You need to book 2 weeks in advance before you fly. Your holiday company may help with the arrangements. Having a walking stick with you can be useful.”