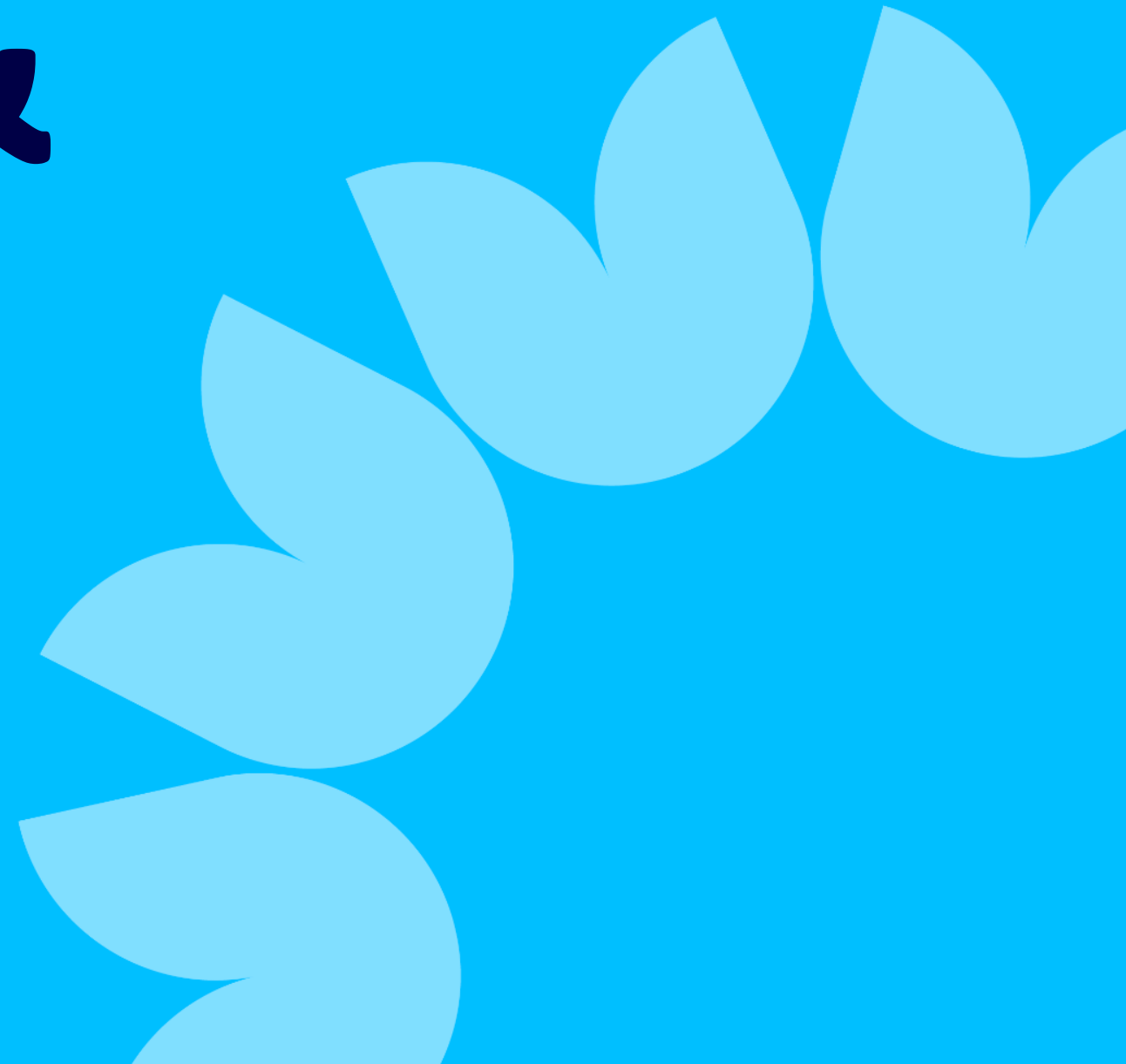


# Hints & Tips



**Parkinson's**  
**UK Scotland**



# In the Bathroom



**Parkinson's**  
**UK Scotland**

# CommunityAdvice



“If you have trouble balancing in the shower, use a shower stool. You might be able to get one from your local Occupational Therapist department.”

**Christina Hatch**

Get an electric toothbrush!





Long handle toe nail scissors

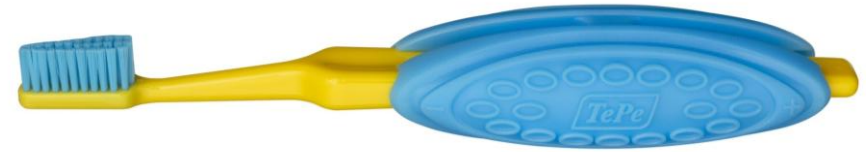
**£12.00**



Bath step stool with handrail

**£57.50**

“Your Dentist might be able to supply you with a chubby, extra grip handle for your toothbrush (made by TePe), or a triangle shaped toothbrush that brushes the front and back teeth at the same time.”



Suction grabber

**£45.00**



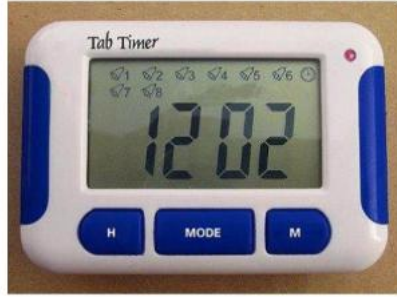
Hygienic bottom wiper

**£21.00**

# Medication



**Parkinson's  
UK Scotland**



Tabtime medication reminder  
**£21.00**



Compact pill box reminder  
**£11.00**



Vibrating pill box 6 compartment  
**£20.00**



Vibrating watch reminder  
**£37.00**



Pill bottle opener with magnifier  
**£7.00**



Medi-popper  
**£19.00**



Weekly 4 dose pill organiser  
**£8.00**

# Going into hospital when you have Parkinson's

Everyday life

Find out more about how to prepare for a planned or emergency hospital stay when you have Parkinson's



## Preparation checklist for a hospital stay

If you have Parkinson's and you're going to hospital, here are some things to think about.



### Letter to hospital staff: Parkinson's hospital care needs

Note to the patient: ask your Parkinson's specialist to fill out and sign this letter. It is important to keep an accurate and up to date record of your medications and timings with this

Name:  Date of birth:

NHS number (England, Wales and Northern Ireland):  CHI number (Scotland):

lives with Parkinson's

Parkinson's medications are time critical. This patient is at risk of significant complications if they do not get their medication on time, every time. I've outlined the medication plan below:

1. This patient needs their Parkinson's medication within 30 minutes of waking up each day. The medication should be taken as prescribed in the NICE Parkinson's medication guidelines.

### What matters to me

#### How to fill out this form

Complete this form to record the information you want to share with health professionals so they know what is important to you and how your Parkinson's affects you. Try to complete this as concise as possible so that it is easy for health professionals to read. We recommend that you keep this document and an up to date copy of your prescription with you at all times. This will help hospital staff to quickly understand the medication you take if you go into hospital unexpectedly.


This document is part of the My Parkinson's grab bag. Visit [my.parkinsonsuk.org](#) on the Parkinson's UK website to view the other documents in the grab bag.

Patient name:

# Medication Reminder Apps




**Parkinson's  
UK Scotland**



**Apple Health**  
Health & Fitness

**Open**



**Tracker, Reminder - CareClinic**  
Track, Symptom, Medicati...

**Get** In-App Purchases



**Doseful - Pill Reminder**  
Mobleafion & Medicine Tr...

**Get** In-App Purchases

914 RATINGS    AGE    CATEGORY    DE

**3.0**    **12+**    **Summary Medications**

★★★★☆    Years Old    Health

370 RATINGS    AGE    CATEGORY

**4.4**    **4+**    H

★★★★☆    Years Old



**Medisafe Pill Reminder**  
Medication and Tablet Tr...

3 RATINGS    AGE    CATEGORY    DEVEL

**12+**    Mi

Years Old    Medical



**MyTherapy Medication Remi...**  
Pill Tracker & Medicine AI...

**Get** In-App Purchases

2.4K RATINGS    AGE    CHART    DEV

**4.8**    **4+**    **No.134**

★★★★☆    Years Old    Medical    smartp

9:41

**Browse**

Search

**Health Categories**

- Activity
- Body Measurements
- Cycle Tracking
- Hearing
- Heart
- Medications
- Mental Wellbeing
- Mobility

**Logged**

**7:55**

- ✓ Ramipril
- ✓ Requip XL
- ✓ Amlodipine
- ✓ Requip XL
- ✓ Lipitor Atorvastatin
- ✓ Sinemet

**11:29**

- ✓ Sinemet

**19:17**

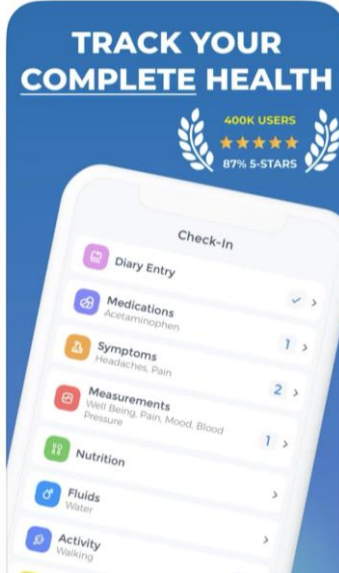
- ✓ Sinemet

**21:46**

- ✓ Half Sinemet CR prolonged release
- ✓ Mirtazapine

**TRACK YOUR COMPLETE HEALTH**

400K USERS  
★★★★★  
87% 5-STARs



13K RATINGS    AGE    CHART    DEVEL

**4.7**    **12+**    **No.76**

★★★★☆    Years Old    Medical    Medis

**What's New >**

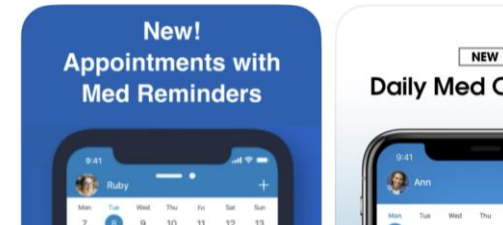
Version 9.46.0    1w ago

We are continually working to improve. This version includes:  
Usability and content enhancements [more](#)

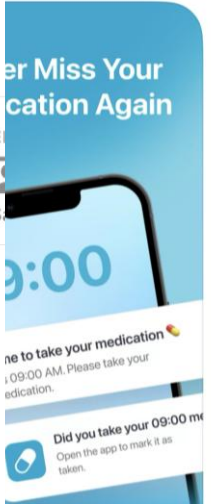
**Preview**

**New! Appointments with Med Reminders**

**Daily Med O**



Don't Miss Your Medication Again



Reminders for your medication and pills

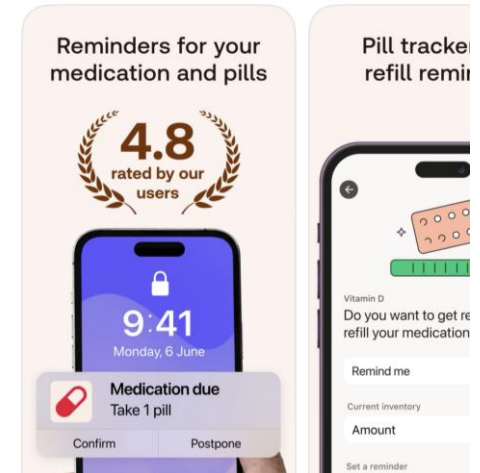
**4.8** rated by our users

9:41  
Monday, 6 June

**Medication due**  
Take 1 pill

Confirm    Postpone

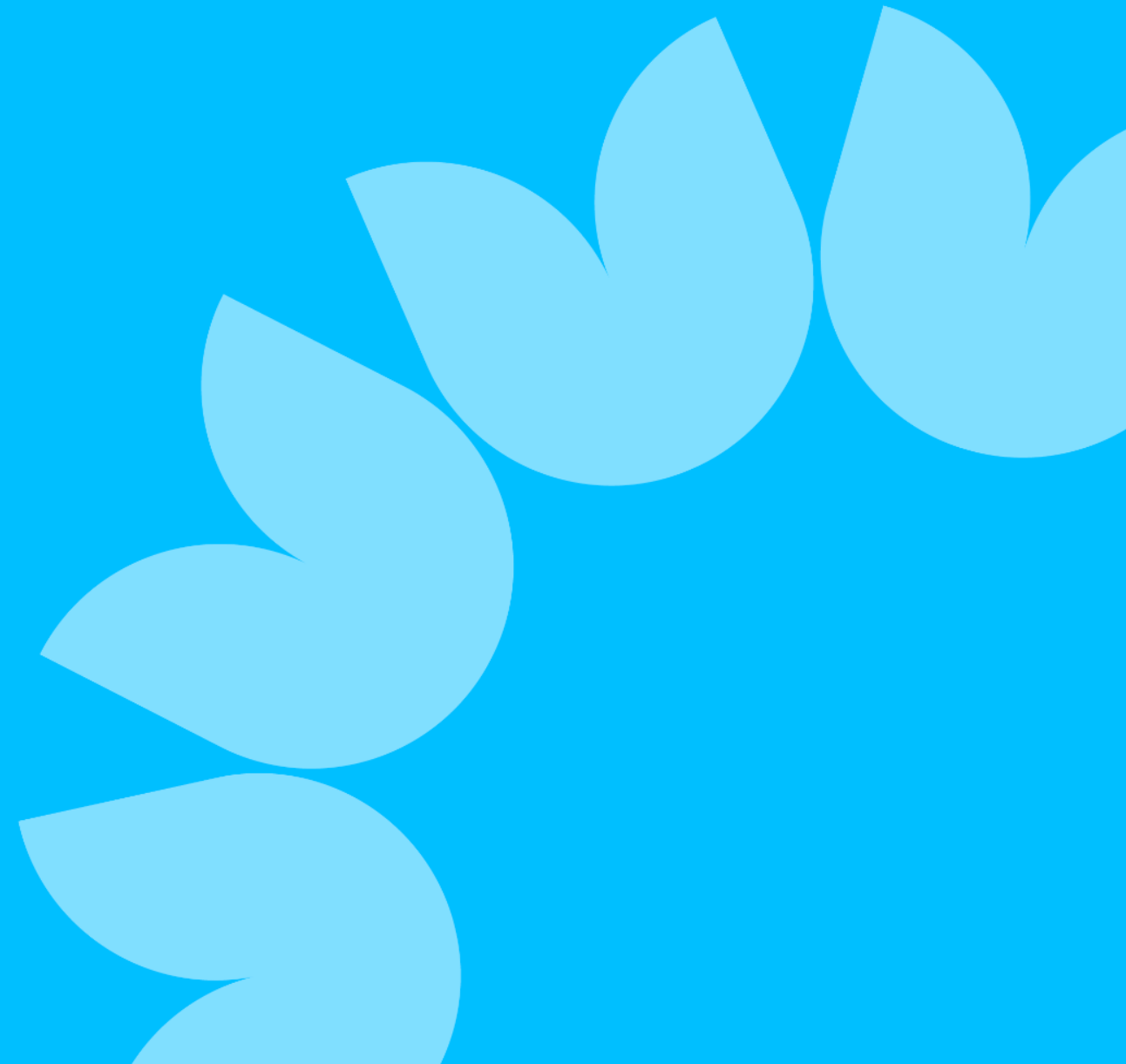
Pill tracker refill reminders



# Health Apps



**Parkinson's  
UK Scotland**



**HealthView**  
Health & Fitness Widgets

**Get** In-App Purchases

1.2K RATINGS  
**4.5**  
★★★★☆

AGE  
**4+**  
Years Old

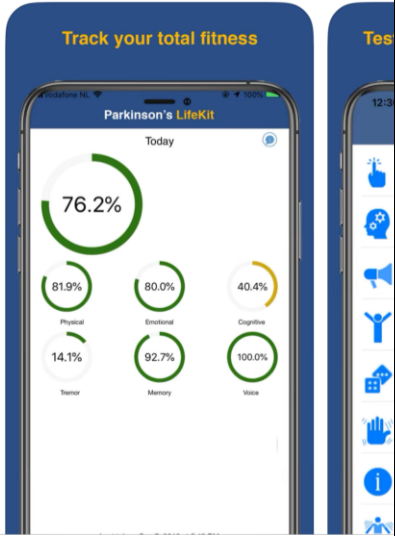
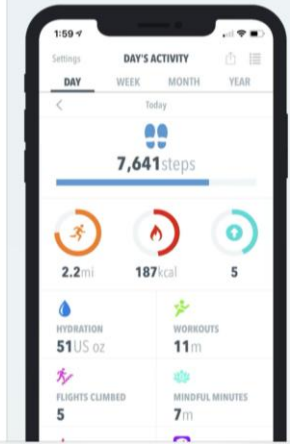
**Parkinson's LifeKit**  
Comprehensive Dis

**£9.99**

16 RATINGS  
**3.9**  
★★★★☆

AGE  
**12+**  
Years Old

**Health App Dashboard**  
Day Goal Layout



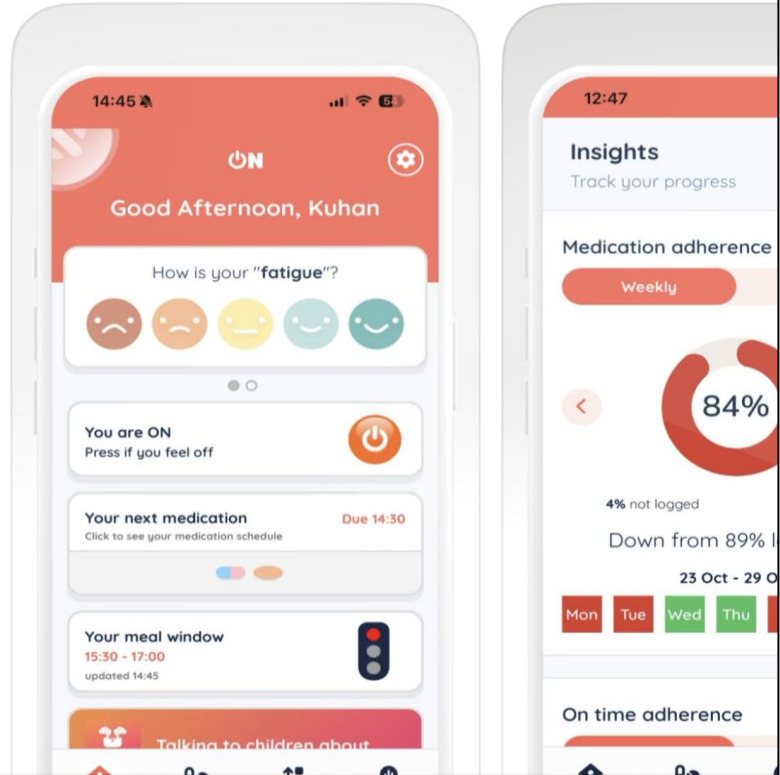
**Parkinson's ON**  
Parkinson's Assistant

**Get**

12 RATINGS  
**3.6**  
★★★★☆

AGE  
**17+**  
Years Old

CATEGORY  
Health & Fitness



**StrivePD**  
Rune Labs, Inc. Parkinson's

**Get**

19 RATINGS  
**4.1**  
★★★★☆

AGE  
**12+**  
Years Old

CATEGORY  
Medical

DEV  
Rune L



**Beats Medical Parkinson's App**  
Beats Medical Ltd & the...

**Get**

9 RATINGS  
**3.0**  
★★★★☆

AGE  
**17+**  
Years Old

CATEGORY  
Medical

DEV  
Beats I

