

My Care-Team Map

Know who helps with what, and who should receive each observation.

MOVEMENT-DISORDER CLINICIAN / NEUROLOGIST

Diagnosis, medication, symptoms, referrals

PRIMARY CARE CLINICIAN

Overall health, cardiovascular risk, sleep and mood screening

PHYSICAL THERAPIST

Mobility, balance, exercise safety, freezing, falls

OCCUPATIONAL THERAPIST

Daily tasks, energy conservation, environment, routines

SPEECH-LANGUAGE PATHOLOGIST

Speech, voice, communication, swallowing

DIETITIAN / GI CLINICIAN / PHARMACIST

Nutrition, constipation, digestion, medication-food questions

MENTAL HEALTH / SOCIAL WORK / SPIRITUAL CARE

Mood, anxiety, coping, caregiver and practical support

CARE PARTNER / TRUSTED SUPPORTER

Observations, support, dignity, follow-through

My main care coordinator: _____

A referral I need to request: _____

Welcome

A conversation tool for people living with Parkinson's and their care partners.

WORKBOOK PROMISE

Good observations are more useful than perfect memory. Track what happens, notice timing, and bring the pattern to your care team.

How to use it

- 1 Choose one episode or concern at a time.
- 2 Use the matching worksheet or log for one to two weeks.
- 3 Record timing, symptoms, function, safety concerns, and barriers without judging yourself.
- 4 Bring one clear pattern and one clear question to the appropriate clinician.
- 5 Reassess after a clinician-guided change and record what happened.

SAFETY FIRST

This workbook is educational and does not replace medical care. Do not start, stop, or change medication timing, exercise intensity, diet, fluids, supplements, sleep treatments, speech practice, food textures, or swallowing exercises without guidance from a qualified clinician. Seek urgent help for sudden new neurologic symptoms, chest pain, severe shortness of breath, a serious fall or injury, inability to breathe or speak because of choking, or urgent risk of self-harm.