

Appointment Prep + Decision Journal

Leave with clarity: what, why, who, and by when.

Before the visit

My top concern in one sentence:

The pattern or log I brought:

What I have already tried safely:

The decision or guidance I hope to receive:

Before I leave

What we decided:

Why this plan fits the problem:

Who owns the next step:

When we will reassess:

What should make me call sooner:

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.