

Managing your Parkinson's disease: A guide for you and your doctor

**Take completed form to
your next appointment!**

HOW WELL ARE YOU HANDLING YOUR ACTIVITIES OF DAILY LIVING (ADL)?

The symptoms of Parkinson's disease can have an impact on your Activities of Daily Living, or ADL, which are the everyday things you do, such as housework, shopping, dressing, eating, or even getting up from a chair.

The chart below can help you keep track of how well you are managing ordinary activities. Write in your results every month and show the chart to your doctor at your next visit. Together, you can determine how well your medications are working and what changes may be needed.

ACTIVITIES OF DAILY LIVING TRACKER

Please use the following scale (leave blank if the activity is not something you do):

1	2	3	4	5
no difficulty with activity	mild difficulty with activity You may feel your medication is somewhat less effective than before	moderate difficulty with activity Your medication seems less effective than before	great difficulty with activity Your medication is much less effective than before	extreme difficulty with activity Your medication may have little or no benefit

ADL	STARTING SCORE	MONTH 1	MONTH 2	MONTH 3	MONTH 4
Cooking					
Driving a car					
Eating a meal					
Gardening					
Getting dressed					
Housework (<i>folding laundry, making the bed</i>)					
Recreation (<i>playing cards, reading books, social events</i>)					
Rising from chair					
Shopping					
Walking					
Bathing					
Traveling (<i>bus, taxi, airplane</i>)					
Handwriting					
Climbing up or down stairs					

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SOME THOUGHTS TO CONSIDER

Describe your overall sense of well-being.

What changes have you experienced since your last visit?
*(for example: lifestyle, ability to take medications, physical
or emotional changes)*

What are your 1 or 2 biggest challenges in living
with PD?

Questions you have for your doctor.

Notes on things you want to remember

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