

My Parkinson's Management – Care requirements Information for hospital and respite care

Tick the check boxes and add information relevant to your symptoms. Share this form with your care provider upon admission to hospital or respite.

Providing information about Parkinson's and how it affects you can help ensure your symptoms can continue to be appropriately managed in the hospital/respite care environment.

Information for Medical and Healthcare Staff:

I have Parkinson's and wish to alert you of my specific needs in preparation for my stay in hospital / respite.

Parkinson's has a range of complicated and diverse motor and non-motor symptoms specific to each individual living with the disease.

Fight Parkinson's has a dedicated resource to support care staff to understand how to best support your stay.

"When your patient has Parkinson's" is downloadable from: fightparkinsons.org.au

I have ticked the boxes below relevant to my Parkinson's symptoms. Please ask me or my carer/support person questions for further clarification if needed.

Thank you for your understanding and support

Medication:

	Timing of my medication is vital for managing my symptoms
	Medication delays can make my symptoms worse and may lead to rigidity and pain
	I would like myself and/or my carer to self-administer my Parkinson's medication
	I have a pill timer for my Parkinson's medication
	Avoid crushing my medications as it may alter the rate of absorption
	If my medications are provided on time, my personal care will be easier.
Mar	y commonly prescribed medications
sy	e.g. Maxolon) can make Parkinson's mptoms worse or interact with prescribed redications. Please check with a

pharmaceutical list.

Mobility and Movement:	Elimination (Bowels and Bladder)
I use a walking stick / walking frame / other (specify):	I have urinary problems, frequency, urgency and/or incontinence
	I have night time bladder issues; (specify) (eg: urinal required by bedside)
Sometimes I lose my balance or feel dizzy when I get up quickly. Checking my blood pressure when lying and standing may help. Encourage me to drink my fluids (if not restricted)	I have constipation and require regular aperients, extra fibre in my diet or as a supplement
I have slow movements. Give me time when I am walking, talking and eating	I need to be encouraged to drink two litres of fluid a day
I may have freezing episodes where I struggle to initiate movement. Counting 1, 2, 3, OR helping me imagine going upstairs OR other another strategy (specify):	Eating and Swallowing:
	I need special dietary requirements for swallowing issues
	I need modified utensils to eat and/or drink
	I need my food cut up
can help me get moving	It is important I have my medications prior to my meals
I have trouble turning in bed	NB Care staff: *Refer to a dietitian if loss of
I may have difficulty opening small food containers, juice and milk cartons	*Refer to a speech pathologist if coughing /
Please do not rush me – it can make me anxious and actually slow me down	choking

Sleeping:

I have trouble getting to sleep, strategies that	
help include:	

Pain Management:

I often experience pain (specify):

I sweat at night; strategies that help include:

Analgesics (pain medication) may not help if I have pain from muscle rigidity or,

Getting my Parkinson's medications on time

dystonia.

Strategies that help include:

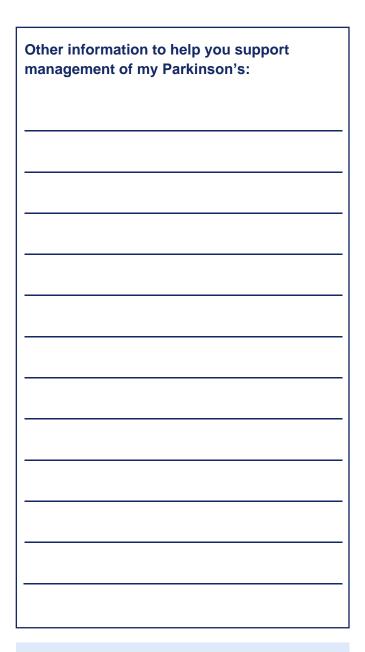
may reduce pain and stiffness.

I may have vivid dreams and can experience extra movements when I sleep.

Communication:

- I experience difficulty finding the right words
- I talk slowly and need time to respond to your questions
- Parkinson's affects my facial muscles so my emotions can be difficult for others to interpret
- My voice is quiet and tires easily
- My partner/carer/support person must be included in decision-making conversations

NB Care staff: *Consider referral to relevant health team member e.g. physiotherapist or occupational therapist



The My Parkinson's Management – Medication form has further information about my Parkinson's medicines and treatments.

Fight Parkinson's is a leading source of specialised health information and advice services. Through research, education and support, we strive to improve the lives of people living with Parkinson's, PSP, MSA and CBS.

Any medial information provided is for general information purposes only. You should always talk to your treating doctor and qualified healthcare providers for personal medical and health-related instructions.

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