

I have Parkinson's...

Please don't assume that I am rude, uncooperative, cognitively impaired or intoxicated.

My symptoms can affect my movement, appearance and behaviour.

I may not be able to control my movements; sometimes I may not be able to move at all.

My speech may be slurred or very soft.

I may have difficulty showing emotions.

Name:

Emergency contact:

Address:

Telephone:

Telephone:

Allergies:

Doctor's name and telephone:

'Get it on time' is a national program of Parkinson Society Canada

Based on a design and text created by Parkinson's UK.

MY PARKINSON'S
MEDICATION CARD

I need my medication
on time — every time.

*get it
on time*



Parkinson Society Canada
Soci t  Parkinson Canada

MEDICATION	DOSAGE	TIME
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1		
2		
3		
4		
5		
6		
7		
8		

MEDICATION	DOSAGE	TIME
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9		
10		
11		
12		
13		
14		
15		
16		

I take the medications listed on this card. They must be taken on time or my symptoms will get worse.

If my schedule is disrupted I may become very ill — it may take hours, days, or even weeks for me to stabilize.

Help me get my meds **on time — every time.**

Learn more about Parkinson's at www.parkinson.ca or call 1.800.565.3000