

ALERT Parkinson's Notification

ACT»
on time™

I am _____ **and I have Parkinson's disease.** There are some important things you should know in order to properly manage my care. **PLEASE:**

- **Ensure** I get my medications
on time – every time
- **Exercise patience** – it takes me longer to talk, walk and eat
- **Speak clearly and slowly** – I need time to process information, questions and my responses
- **Ask** if I need support if I appear to have difficulties moving – please don't pull or push me
- **Assist** me, if I need it, into a seated position before I eat or drink
- **Ensure** my safety if I am having difficulties with freezing, fainting, swallowing or responding – I have a high risk of falling, choking or passing out
- **Alert** a social worker or mental health professional if I become depressed, anxious or experience hallucinations
- **Refer** me to a specialist if there are any sudden changes in my symptoms – that is not normal progression of Parkinson's



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