

# What would you like to talk about?

There are a couple of boxes left empty for you to include anything we may have missed

Saliva	Smell/ taste		Seeing things	Double vision
Low Mood	Problems around sleep	Information on support groups	Swallowing/ speech	Walking/falls
Vomiting / feeling sick	Restless legs	Bowels/Bladder	Feeling anxious or frightened	Compulsive behaviour
Change in weight	Pains	Information on Parkinson's	Lightheaded /dizzy	Self-care
Leg swelling	Excessive sweating	Planning for the future	Employment	Information about drugs
Driving	Memory/ thinking	Loss of interest in things/ concentration	Sexual difficulties	

# Making the most of your appointment

To help discussion you might like to consider how Parkinson's impacts on your life:

- Things that have got better
- Things that have got worse
- Any other concerns

Note down the top 3 things you would like to discuss below:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_