

HOW DYSKINESIA AND OFF TIME IMPACT MY DAILY LIFE

For People with
Parkinson's disease

This guide is designed to help you discuss your Parkinson's with your doctor.
Check each symptom and side effect that you've experienced recently.

Social/Emotional Symptoms of Dyskinesia



I've felt
embarrassed



My relationships
have been affected



I've avoided
social events



I've felt
jittery/anxious

Physical/Motor Symptoms of Dyskinesia



My body sways



My head bobs



I twitch, fidget, or
experience rapid jerking



I squirm or rock

During OFF Time, Motor Fluctuations Can Occur



I move slowly/
feel stuck



I have trouble walking/
slowed dexterity



I have tremors



My balancing/
coordination is off

Notes:



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Continue Form →

Take the first step in managing dyskinesia and OFF time by showing this completed form at your next doctor's appointment.

| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| My dyskinesia interferes with my day | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| My OFF time interferes with my day | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| If you've experienced any of the following, please mark whether it was a result of dyskinesia, OFF time, or both. | | Dyskinesia | OFF Time |
|---|---|-----------------------|-----------------------|
| Social/Emotional | Feeling self-conscious/embarrassed about my movements | <input type="radio"/> | <input type="radio"/> |
| | Avoiding social events (dinner, errands, support groups, etc.) | <input type="radio"/> | <input type="radio"/> |
| | Affecting personal relationships | <input type="radio"/> | <input type="radio"/> |
| | Feeling sad | <input type="radio"/> | <input type="radio"/> |
| | Feeling anxious, panicky, or jittery | <input type="radio"/> | <input type="radio"/> |
| Physical/Motor | Difficulty writing, using utensils, doing buttons, typing, using computer mouse | <input type="radio"/> | <input type="radio"/> |
| | Difficulty walking or maintaining balance | <input type="radio"/> | <input type="radio"/> |
| | Difficulty doing work/job | <input type="radio"/> | <input type="radio"/> |
| | Difficulty speaking, chewing, or swallowing | <input type="radio"/> | <input type="radio"/> |
| | Difficulty driving | <input type="radio"/> | <input type="radio"/> |
| | Difficulty sitting still | <input type="radio"/> | <input type="radio"/> |
| | Pain due to stiffness or dyskinesia | <input type="radio"/> | <input type="radio"/> |

Questions to Ask Your Healthcare Provider:



- How can I tell the difference between dyskinesia and tremor or between being OFF and ON?
- How can I track my response to levodopa, OFF time, and dyskinesia to allow better adjustment of my treatments so I can function at my best?
- Dyskinesia and/or OFF time are affecting my ability to do daily activities and/or socially. What are my treatment options?
- What else can I do to improve my Parkinson's symptoms so I function at my best now and into the future?