

**Medtronic**

Engineering the extraordinary

# Discussion guide for carers and people with Parkinson's

#uniteforparkinsons



# Talking with your specialist

- 1 This guide is designed to help you and your carer have a productive discussion with your specialist
- 2 Ask about the next steps in managing your condition
- 3 Learn about the different therapies available in the next steps
- 4 Keeping a record of how you feel can help you and your carer better understand your condition and what to do next
- 5 Your doctor can guide you to specific information if you think of some questions before your appointment



## Part 1

# 8 questions about you and your lifestyle

Here are some example questions your doctor may ask you - take some time before your consultation to think about the answers.

Have you ever been diagnosed with Parkinson's, essential tremor or dystonia?

---

If so, how long have you had this diagnosis?

---

What kind of symptoms do you have?

---

Do you take any medication for your symptoms? How frequently do you take them?

---

Do your symptoms affect your quality of life and your everyday living?

---

Have you and your doctor talked about device-assisted therapies?

---

Would you be interested in learning more about what therapies are available to you?

---

Are you answering these questions for yourself or for a loved one?

---

## Part 2

# 9 questions about the available therapies

Here are some example questions that you could ask your doctor:

What therapy options are most appropriate for my lifestyle?

---

How well might each of these therapies manage my symptoms?

---

Is there any evidence that these therapies will improve my quality of life?

---

Which therapy will help me with my movement challenges the most (i.e Dyskinesia)?

---

Will these therapies reduce the medications I am taking and reduce medication side effects?  
For example, dyskinesia.

---

Do any of these therapies have side effects? If so, what are they?

---

Do any of these therapies "wear off" overnight or do they work around the clock?

---

What would my daily care routine be?

---

Are any of these therapies reversible?

---

# Information

Need Parkinson's information you can trust ?

You'll find everything you need at <https://www.parkinsons.org.au/i-have-parkinsons>

## Notes

[illegible]

## Notes

[illegible]

**This material is intended to be educational and is not a diagnostic tool. It is not intended to replace the information provided to you by your healthcare providers and does not constitute medical advice. The information may not be directly applicable for your individual clinical circumstance.**

## Medtronic

Medtronic Australasia Pty Ltd  
2 Alma Road  
Macquarie Park, NSW 2113  
Australia  
Tel: +61 2 9857 9000  
Fax: +61 2 9889 5167  
Toll Free: 1800 668 670

Medtronic New Zealand Ltd  
Level 3 - Building 5, Central Park Corporate Centre  
666 Great South Road  
Penrose, Auckland 1051  
New Zealand  
Fax: +64 9 918 3742  
Toll Free: 0800 377 807

[medtronic.com.au](https://www.medtronic.com.au)  
[medtronic.co.nz](https://www.medtronic.co.nz)

© 2022 Medtronic, Medtronic logo, and Engineering the extraordinary are trademarks of Medtronic All rights reserved. ANZ--10816-032022