

# WALK OFF PARKINSON'S SCORECARD

Place a check in the box next to each statement if you agree



I am seeing a Movement Disorder Specialist.

I understand the medicines I am taking and am comfortable with them, including dosages.

I have spoken with my physician about the benefits of physical therapy.

I have spoken with my physician about the benefits of speech therapy.

I understand the importance of exercising regularly and do so.

I have made efforts to meet others with Parkinson's to learn from their experiences.

I know the importance of speaking louder and do so.

I have spoken with a financial planner about how having a chronic disease may impact my financial situation.

I have a plan in place in the event I am hospitalized so that I minimize the risks people with Parkinson's may face when they are admitted to a hospital.

What's your score?

Total # of check marks

**8 or 9** –you have a plan to fight Parkinson's and are executing it. You are well positioned to help others take steps to fight the disease.

**6 or 7** –you are well on your way to effectively fighting Parkinson's.

**4 or 5** – You've made a great start to fight Parkinson's and can target your efforts to fight even harder.

**Less than 4** –you would benefit from focusing more on your fight with Parkinson's

Learn more at [pfnc.org](http://pfnc.org) then select Scorecard

The Walk Off Parkinson's Scorecard is a project of the Parkinson Foundation of the National Capital Area (PFNCA), a non-profit organization that helps people live well with Parkinson's. PFNCA, which has been recognized for Excellence in Non-Profit Management by the Center for Non-Profit Advancement and named one of the best small non-profits in the Greater Washington Region by the Catalogue for Philanthropy, helps more than 2,500 people impacted by Parkinson's each year. No one should face Parkinson's alone. To learn more about how PFNCA can help you, visit [www.pfnca.org](http://www.pfnca.org) and then select how we help.

To support PFNCA, visit [www.pfnca.org](http://www.pfnca.org) and select the green donate button.

To send a donation by check payable to PFNCA to PFNCA Scorecard, 8830 Cameron St. #201, Silver Spring, MD 20910.

### **What is Walk Off Parkinson's?**

Walk Off Parkinson's is PFNCA's awareness campaign and it is also the name of its community fundraising program. Each September, more than 1,500 people gather for an inspirational walk at Nationals Park in Washington, D.C. The program includes a 1.25 mile walk that ends with a victory lap on the field and the opportunity to take photos in the dugouts, educational lectures by Movement Disorder Specialists, exercise demonstrations, resources and prizes for fundraising excellence. Learn more at [www.walkoffpd.org](http://www.walkoffpd.org).



PARKINSON FOUNDATION  
OF THE NATIONAL CAPITAL AREA



**WALK OFF**<sup>TM</sup>  
**P A R K I N S O N ' S**