



PARKINSON FOUNDATION  
OF THE NATIONAL CAPITAL AREA



**WALK OFF™**  
**PARKINSON'S**

# 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 if I am hospitalized, to minimize the risks I may face if I am admitted.

I am aware of how to seek help in the event that my mental health changes.

**What's your score?**

Total # of check marks

## Score Results

**9+** You have a plan to fight PD, are executing it and well-positioned to help others take steps to fight the disease

**6-8** You are well on your way to effectively fight PD

**4-5** You have made a great start to fight PD and can target your efforts to fight even harder

**< 4** You would benefit from focusing more on your fight with PD

Curious about these questions—visit: [www.parkinsonfoundation.org/scorecard](http://www.parkinsonfoundation.org/scorecard)

The 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. Learn more about PFNCA and/or make a donation at [pfnca.org](http://pfnca.org).