

## PATIENT INFORMATION

### Remember 5

#### BRING WITH YOU:

#### MAKE A LIST OF:

1) Complete medication list, including any supplements	New medical conditions, any Emergency Department visits or GP concerns
2) Questions written down	Wearing off or dyskinesias
3) Family member, care giver or friend	Falls or dizziness
4) A notebook to write things down; bring the same one to each appointment	Wellness including nutrition, hydration, sleep, bowel pattern and mood
5) Bring information about your care welfare such as Power of Attorney or care package	Any cognitive changes or concerns

- You must inform the DVLA and insurance company of any diagnosis
- It is also important to monitor for side effects such as compulsive behaviours or hallucinations
- You **do not** need to bring a urine sample

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**Louise Trout** – Acute / Community Parkinson's Nurse, Location: Torbay  
**Sian Day** - Community Parkinson's Nurse, Location: South & West Devon Community  
**Alex Redome** – Community Parkinson's Nurse, Location: Torbay

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**Movement Disorder Nurse secretary** available:  
 Monday to Friday, 8am to 4pm (*excluding weekends and bank holidays*)  
 For enquiries regarding nurse appointments or referrals:  
 Tel: 01803 655513 and choose Option 1

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**Nurse Hub** available Monday – Friday 09:00 – 14:00  
 (*excluding weekends and bank holidays*)  
 For all enquiries regarding Parkinson's management please call: 01803 655513 and choose Option 2 or Email: [tsdft.pdnursehub@nhs.net](mailto:tsdft.pdnursehub@nhs.net)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

25945/V1/Care of the Older Person/TSDFT/03.26/Review Date 03.28

*Working with you, for you*