

## Prevention is better!

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Considering the fact that changes in the health of the person living with Parkinson's may occur, it is better not to let yourself be caught off guard when preparing for the medical visit or if a visit to the emergency room, or hospitalization or a change in living environment becomes necessary. The following tips help to improve the level of communication and understanding among all the players involved.

### Program: «Act on Time»

On the Parkinson Canada website, as part of the «**Act on Time**» program, you will find publications and tools to help you to be fully prepared to meet any eventuality.

Here are the different publications to look for on the website:

- How to Get the Most Out of Your Neurologist Visit
- Medical Alert Card
- Hospital Notification Sign
- Managing My Parkinson's Disease - The 2019 Booklet

See the following link:

<https://www.parkinson.ca/resources/act-on-time/>

### Parkinson's Hospital Kit

Parkinson's foundation website has free download **Parkinson's hospital kit** in order to be better prepared for a hospital visit, whether planned or unplanned.

The kit includes:

1. Hospital Action Plan

<https://www.parkinson.org/sites/default/files/documents/hospital-action-plan-2022.pdf>

2. Hospital care Fact Sheet

<https://www.parkinson.org/sites/default/files/documents/aic-hospital-care-fact-sheet.pdf>

### **Life History Form (available in French only)**

The "Institut universitaire de gériatrie de Montréal" (IUGM) has also put online a tool entitled «**Formulaire d'histoire de vie**». This tool, which is a **Life History Form**, aims to better understand the person who is hospitalized in order to better adapt interventions.

The collaboration of the care partner is also solicited to complete the tool in order to collect data on the hospitalized person, including demographic data, work experience, personality, favourite activities, preferences related to activities of daily living and significant people.

It should be noted that this tool is suitable for brief hospitalization or long-term care.

See the following link:

<https://educationspecialisee.ca/wp-content/uploads/2018/02/dsi-F-002-20110614.pdf>