



Assessing Changes

A Comprehensive Parkinson's
Symptoms Checklist

*Recognise changes in symptoms by
self-tracking your Parkinson's journey.*

Refer to the following questions to help recognise if you may need to adjust your Parkinson's management approach.

This tracker is intended to help facilitate discussions with your healthcare team, so together you can plan the most effective course of action, specific to your experience, to better support your quality of life.

Use the following checklist to help you identify changing symptoms. (Tick all that apply)

- ☐ Are your tremors getting more severe or affecting both sides of your body?
- ☐ Are you aware of more involuntary movements of your face, arms, legs, or torso (known as dyskinesia)?
- ☐ Are you experiencing unpredictable movement changes that are causing you distress?
- ☐ Do you sometimes feel “stuck in your tracks” or that your feet are glued to the floor?
- ☐ Are you having problems swallowing such as coughing during or right after eating, feeling like food is stuck or not going down properly, or drooling more frequently?
- ☐ Is your medication working for shorter periods of time or are your symptoms returning more easily?
- ☐ Does your medication dose sometimes not work, or randomly stop working after you've taken it?
- ☐ Are you feeling more anxious or depressed lately?
- ☐ Are you unusually forgetful or easily confused?
- ☐ Has your sleep pattern changed – do you wake up often in the middle of the night or sleep more during the day than you do at night?
- ☐ Do you find yourself relying on the help of others more for everyday tasks such as writing, walking, bathing, dressing, eating, toileting, etc?
- ☐ Are you experiencing bladder/sexual dysfunction?

If you have ticked any of the boxes, make an appointment to see your neurologist/movement disorder specialist or consider asking for a referral to see one of these specialists if you're not already seeing one.

Take this checklist with you to help you talk through the changes you are experiencing and together with your healthcare team and support network you can plan your next steps and management together.

To learn more, visit:
www.parkinsonsprogression.com.au

For further information please talk to your healthcare professional.

AbbVie Pty Ltd. ABN 48 156 384 262.
241 O'Riordan St, Mascot NSW 2020.
Tel: 1800 043 460
www.abbvie.com.au
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