



DAVIS PHINNEY

Foundation For Parkinson's

every victory counts®

Parkinson's-Related Self-Efficacy Assessment

On a scale of 1 to 5, rate your current level of confidence that you can perform the activity described, where 1 = "not at all confident," 3 = "adequate," and 5 = "very confident."

Develop Knowledge about Parkinson's and Its Treatment

- ☐ I can accurately describe my Parkinson's in-depth
- ☐ I can describe in detail my specific motor and non-motor symptoms
- ☐ I keep a complete and updated list of my medications and dosages
- ☐ I know and follow the nutritional guidelines for Parkinson's
- ☐ I understand the precautions and interactions of my medications and supplements
- ☐ I know the range of available complementary therapies
- ☐ I know techniques to address my stress and anxiety

Create Critical Partnerships

- ☐ I have a strong and supportive relationship with my care partner(s)
- ☐ I have discussed my support needs with my family and/or friends
- ☐ I have established an open and trusting relationship with my physician(s)
- ☐ I have sought out other healthcare specialists to assist as needed
- ☐ I know where to go for help
- ☐ I am aware of national and local Parkinson's resources
- ☐ I attend a Parkinson's support group or a similar group

Proactively Manage My Parkinson's

- ☐ I accept responsibility as the manager of my well-being
- ☐ I set increasingly difficult goals and make progress toward them
- ☐ I actively replace any unhealthy habits with healthy ones
- ☐ I track all my symptoms regularly
- ☐ I keep thorough and up-to-date healthcare records
- ☐ I prepare for appointments with my physicians
- ☐ I communicate my concerns openly with my healthcare team
- ☐ I advocate for myself rather than letting others speak for me
- ☐ I follow a regular Parkinson's-specific exercise regimen

Maintain a Self-Efficacious Attitude

- ☐ I stay firm in the belief that I can positively influence my Parkinson's
- ☐ I focus on possibility rather than loss
- ☐ I practice evaluating available options to solve problems
- ☐ I put setbacks in perspective
- ☐ I reframe to help manage any negative emotions
- ☐ I persevere in the face of difficulties
- ☐ I remain hopeful and focus on the positive

The resulting snapshot from the survey should give you a sense of where you are on the Self-Efficacy for Parkinson's Scale. If you have any 1s or 2s, these are areas to focus on. If you have 5s, give yourself credit and build on this to succeed in the areas you need to strengthen.