

emPowered!® Tool

The emPowered!® Tool was designed to address the differing perceptions of disease impact as experienced by various members within the movement disorder ecosystem, making it much more than a simple symptom tracker. This communication tool, presented in a workbook format, helps facilitate discussion about difficult topics across the ecosystem.

The emPowered!® Tool is distributed at PMD Alliance conferences and through a support group leader licensing program to our network of more than 1,200 support group leaders, who in turn reach more than 60,000 PwP. More than 2,400 tools have been distributed in the last eight months, allowing users nationwide more open communication about hard to discuss symptoms like hallucinations or incontinence.

Date	Date	Date	Date	Date		
			_	-	Delusions: misconceptions, misbelief not backed by reality, faulty judgment	~~~
					Dementia: impaired mental ability impacting daily activities, memory and reasoning	63
					Depression: despondency, dejection	
					Fear: alarm, panic, terror, fright, dread, distress	
					Frustration: exasperation, annoyance, vexation, irritation	
					Grief: deep sorrow, sadness, anguish, distress, heartache, woe, despair	57
					Guilt: sense of wrongdoing, misconduct, shame, regret	
					Hallucinations: seeing/hearing/sensing something not present	
					Impulse Control: compulsive spending, eating, sex, gambling, hoarding, etc.	
					Inappropriate crying/laughing: tearfulness, outbursts of laughter - Pseudo Bulbar Affect	300
					Insecurity: lack of confidence, self-doubt, nervousness, uncertainty	50
					Internal Restlessness/Tremor: difficult to sit still - Akathesia (not Dyskinesia)	
					Irritability: short tempered, testy, ill humor	
					Memory Changes or Loss: slower at recalling words/ideas	
					Mood Swings: abrupt changes in temperament, emotional instability	
					Panic Attack: acute and disabling anxiety	
					Self Esteem, (low): less confidence in one's own worth or abilities, self-respect	No and
					Sexual Desire, (less): lacking motivation, need, attraction, lust	All Star
					Startle Easy: very easily surprised - Hyperexplexia	(Less
					Suspicious Thinking: unfounded fears, distrust of others, conspiracy mind set - Paranoia	A CONTRACT
					Thinking: slow and deliberate, impaired - Bradyphrenia	
					Time Perception: difficulty determining time spans	
					Worry: overthinking, brood, panic, lose sleep, fret, stew	
Date	Date	Date	Date	Date	Rate 1-10 • 1 low, 10 high frequency	
					Balance: movement loss, falling backwards - Retropulsion/Dysequilibrium/Ataxia	
					Coordination: less coordination, especially fine motor - Ataxia	
					Dyskinesia: involuntary movements, twitches, jerks, twisting, rocking	
					Eyes: dry, decreased blinking, difficulty opening, blurred vision	
					Facial Expression: "masked face," no expression - Hypomimia	
					Foot and Toe Cramping: painful cramping - Dystonia possible	
					Gait: Freezing of Gait (FOG): sudden inability to move legs, small steps, can't move forward	
					Muscle Jerks: muscle jerks or spasms - Dystonia	
					Pill-Rolling: rubbing the thumb with the forefinger - 'Pill-rolling tremor'	
					Posture Instability: hunched, stooped over, problems standing/walking	
					rostare instability. Hunched, stooped over, problems standing/waiking	

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of people with PD(PwP) say they have forgotten to share something important with their physician

of PwP say they have tried to minimize their symptoms when talking with their doctor

of PwP say they are worried they will be seen as a complainer if they talk about issues with medication

(based on a live survey at the WPC 2016)

86% of care partners believe their children want moderate to no information about PD

58% of care partners would like to be more open with the adult children about PD symptoms

45% of care partners base the assumption about their adult child's interest on the fact that the children do not ask

(based on a survey distributed by PMD Alliance, completed by 154 care partners)







To access emPowered!® tools for yourself or your support groups, contact us at info@PMDAlliance.org or call us at +1 800 256 0966

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