

Communication and Swallowing in Parkinson's Disease

Supplemental Tools

Adults living with Parkinson's Disease and related neurocognitive disorders may experience difficulties with language, cognition, and swallowing.

Use the following tools to help you communicate with your medical providers about concerns you may be experiencing.

You can repeat these tools over time to help you self-assess for changes in your status.

If you have concerns, following up with a medical provider is strongly recommended!

The Self-Administered Gerocognitive Exam (SAGE) is designed to detect early signs of cognitive, memory or thinking impairments. It evaluates your thinking abilities and helps physicians to know how well your brain is working.

<https://wexnermedical.osu.edu/brain-spine-neuro/memory-disorders/sage>

The Eating Assessment Tool (EAT-10) has 10 questions to help measure swallowing difficulties. The EAT-10 can be completed in as little as 2 minutes. The EAT-10 can help identify those at risk of dysphagia but is not a diagnostic tool.

<https://enovis.com/sites/default/files/pdfs/chattanooga/EAT%2010.pdf>

The Swallowing Disturbance Questionnaire (SDQ) was originally designed and validated for detecting swallowing problems among patients with Parkinson's.

<https://stanfordhealthcare.org/content/dam/SHC/clinics/outpatient-neurologic-rehabilitation-program/docs/mbs-the-swallowing-disturbance-questionnaire.pdf>