

NAME:

Week commencing:

Disability Benefits DIARY

What benefits do you receive? And how much do you receive?

	How are you feeling today?	What are your symptoms like today?	What is your financial situation like today?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

What has your financial situation meant for your food and energy bills this week?

How have your finances affected your symptoms this week?

How has this affected your ability to get out and about or do things you need to do this week?

If you'd like you share your experience, please email your diary to campaigns@parkinsons.org.uk