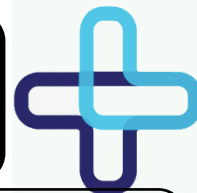


My Doctor's Visit

Use this guide to help you during your appointment with your doctor!



Date of Visit: _____ with Dr. _____

What I'm most worried about is?

The issues and concerns I would like to address are:

Be prepared for some common questions your doctor will ask!

- When did the issue start?
- Did it come on suddenly or slowly?
- What makes it better?
- What makes it worse?
- What have you tried so far to help with the issue?
- Does anyone else in your family have this issue?
- What are you hoping the doctor can help you with?

Medication List

Write your meds below including the dose and prescriber!

Medication Check:

Any new medications?

Have you stopped taking any medications?

Are there any side effects from medications?

At the end of the visit be sure to ask & write down

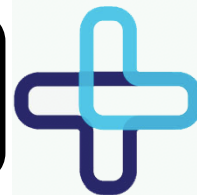
1. What are the next steps & timeline for other issues?
2. Do I need any follow up tests & if so, what will they tell us about my health?
3. Do I need any new medicines and if so – what are the side effects, risks and benefits of taking them?
4. When is my next appointment?

If there is time I would like to ask about:

Family/Caregiver Notes:

My Caregiver's Visit

Use this guide to help you track questions and answers during your loved one's appointment



Date of Visit: _____ with Dr. _____

Could you let me know how you think my loved one is doing and if there are any new changes to their health I should know about? Be sure to let the doctor know if you have any comments about their assessment

Write down things you hear during the appointment you want the doctor to clarify before you leave!

Be sure to include a brief medical review during the visit:

1. Medication review:

- Are all of their medications still needed? Are refills needed?
- Can we take away any medications?

2. Supports and Help

- Do you need any supports to help with things like – toileting, showering, transferring, tracking medications or travelling?

3. Upcoming appointments, referrals or tests

- Do you think any of these are unnecessary
- any questions about why the referrals are being done?

Ask the doctor if they can offer any support in terms of:

- Timing of appointments so you can attend
- Transportation to appointments
- Booking additional time to address questions
- Booking tests at preferred hospitals
- Communicate appointment times with the patient and with yourself
- Arranging a family meeting

- Limiting unnecessary bloodwork or medication
- Help with forms
- Social worker for _____
- Physical Therapy for _____
- Occupational Therapy for _____
- Social Work
- Personal Support Worker
- Personal Hygiene Care (Showers, Toileting)
- Wound care OR Catheter care

Use this area to write down concerns you have after your visit? - Were there any words you didn't understand or part of the treatment for your loved one that didn't make sense that you wanted to clarify?