



Get Ready for you next Doctor's Appointment

Scheduled Appointment

1. Notecard:
 - a. List concerns/thoughts/questions
 - b. Any falls
 - c. Visits to Urgent Care/Emergency Department
 - d. Any changes- including life style, sleep patterns
2. Bring your glasses and hearing aids
3. Take your medication list- include over the counter medicines as well
4. Bring someone with you
5. If you feel rushed- let the doctor know

Illness/Acute Episode

When to make an appointment:

Sudden change in your abilities

Symptoms are uncontrolled

You and/or loved ones are truly concerned

Don't self-diagnose

Describe: what the symptoms are, when symptoms started, how long do they last, what makes it better/worse, what interventions you have tried