

Preparing for Your Doctor's Visit

Complete the information below in order to be prepared for your next appointment. Be open and honest in answering any questions your doctor may ask you about the changes to loved one's health.

Has his/her health, memory, or mood changed?				
How did it change?				
When did you first notice the change?				
How often does it happen?				
Does this affect their normal daily routine?				
Questions to ask the doctor				
Could the prescribed medications be causing symptoms?				
Is there any other conditions that could be causing symptoms or making them worse?				
Is there anything else I should know?				
When should I come back for another visit?				
Other questions (list here prior to appointment):				



Medications

List all medications (dosage, frequency) including over-the-counter, vitamins, herbal supplements and prescription:

Medication	Dosage	frequency	Medication	Dosage	Frequency

Daily Activity journal

Keep a detailed log of the normal routine of your loved one. Document times of personal care, activities, meals and menu (include percentage of food and liquid ingested), sleeping, mood throughout times of the day, and any other information your feel may be useful.

Time	Activity	Mood	Notes