

Memory Appointment Checklist

Fifteen minutes decides a lot. Walk in prepared — the doctor can only act on what they can see.

IN THE TWO WEEKS BEFORE

- ☐ Keep the incident log — dated, one plain sentence per event (no interpretations)
- ☐ Send a short factual note to the doctor via the patient portal, marked “please read before the visit”
- ☐ Get the HIPAA release signed so the doctor can legally talk with you
- ☐ Complete the care needs checklist (AgingAtHomeSupport.com) and print it
- ☐ Book smart: mention memory concerns, ask for a longer slot, schedule her best time of day

BRING WITH YOU

- ☐ The incident log (3 weeks of dated entries)
- ☐ ALL pill bottles — prescriptions, over-the-counter, vitamins, supplements
- ☐ Her glasses and hearing aids (a person who can't hear the questions fails them)
- ☐ The completed care needs checklist, stapled to the log
- ☐ Insurance cards + photo ID; any prior test results or brain imaging (CD if you have it)
- ☐ Your concerns, written down and ranked — lead with the most important

IN THE ROOM

- ☐ Never correct her in front of the doctor — it thickens the mask
- ☐ Ask: “Would you assess what she can actually DO at home, not just memory recall?”
- ☐ Ask for a few minutes alone with the clinician (arrange with reception beforehand)
- ☐ Take notes, or bring a second person to take them

BEFORE YOU LEAVE

- ☐ What happens next — follow-up visit, labs, referral (neurologist / geriatrician / memory clinic)?
- ☐ Ask for a written summary of what was found and the plan
- ☐ If concerns were raised: ask about the full cognitive assessment & care-plan visit Medicare covers
- ☐ Book the next appointment before you walk out