Letter to the Doctor and Appointment Prep Sheet

Sharing what you've seen before a medical visit, and getting ready for it

Letter to the Doctor

Dear Dr. _____,

I'm _____, the (son / daughter / other) of your patient _____, date of birth _____. [Mom / Dad] has an appointment with you on _____.

I'm writing because I've noticed some changes that I'd like you to be aware of before the visit. [Mom / Dad] ☐ knows ☐ does not yet know that I'm writing.

What I've noticed, with dates:

1. _____

   _____

   _____

2. _____

   _____

   _____

3. _____

   _____

   _____

What's different from [her / his] usual self: _____

Anything sudden in the last few weeks: _____

Falls in the past year: _____

Changes in hearing, vision, mood or sleep: _____

Medicines and supplements, as best I know: _____

What's going well: _____

We'd like help understanding what's causing these changes.

☐ [Mom / Dad] has said it's OK for you to talk with me.

I can be reached at _____.

Thank you,

_____

_____

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Appointment Prep Sheet

Before

- ☐ Appointment booked as a visit about memory and thinking (or the yearly Wellness visit)
- ☐ Letter sent on _____ arrival confirmed
- ☐ Asked my parent: Do you want me there? Do you want time alone with the doctor?
- ☐ Bag of every medicine, vitamin and supplement packed
- ☐ Insurance card and plan card
- ☐ *What I'm Noticing* log (Chapter 1)
- ☐ Any safety concerns to mention (driving, stove, falls)

My parent's questions

1.

2.

Our three questions

1.

2.

3.

If we hear "it's just age"

- What else could explain these changes?

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- What has been ruled out, and what hasn’t?
- Would it make sense to see a specialist?

During the visit: notes

- What the doctor found:
- Tests ordered:
- Referrals:
- Changes to medicines:
- Next appointment:
- Whom to call with questions:

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