What to Bring to a Medical Appointment

A go-bag checklist for a parent's doctor visit, questions to plan ahead, and a page to write down what the doctor said, so nothing is lost on the drive home.

Doctor: _____ **Date and time:** _____

Reason for the visit: _____

Bring

- ☐ Insurance cards and photo ID
- ☐ Glasses and hearing aids
- ☐ Your written notes on what you've noticed
- ☐ Something to drink and a snack
- ☐ Every medicine bottle, or an up-to-date list
- ☐ A list of other doctors and recent tests
- ☐ Health care proxy or power of attorney papers
- ☐ This sheet and a pen

Before the visit

- ☐ Ask your parent what they want to talk about, and agree on your role in the room.
- ☐ If you're worried about memory or something your parent may not mention, send the doctor a short note beforehand (see the Letter to the Doctor printable).
- ☐ Ask your parent to sign the office's form allowing the doctor to talk with you, if they agree.
- ☐ Write down your top three questions. Doctors often run short on time.

Our top three questions

1. _____
2. _____
3. _____

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What the doctor said

Fill this in before you leave the room. Ask the doctor to repeat anything you didn't catch.

Main findings

Medicine	Started, changed or stopped?	Dose and when

Next step	Who does it	By when
Tests ordered		
Referrals		
Next appointment		
Warning signs to call about		

Who to call with questions, and the number

Your parent leads, when they can. Most decisions are theirs to make, and health questions belong with their doctor. This checklist helps your family organize and take the next step together.

The Family Caregiver Quick-Start: 1. Can No Longer Live Alone: What to Do First · 2. Signs a Parent Needs More Help · 3. Preparing for a Family Care Meeting · 4. Choosing a Home Care Agency · 5. Preparing for a Home Care Assessment · 6. What to Bring to a Medical Appointment · 7. Organizing a Parent's Important Information. All at AgingAtHomeSupport.com/caregiver-quick-start/

To keep visit notes, medicines and contacts in one shared place, see The Family Care Binder at AgingAtHomeSupport.com/book/caregiver-binder/

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