Daughters of Naomi

The Doctor Visit Sheet

Help the doctor see what you see at home.

Parent: _____ Doctor: _____ Date: _____

Doctors see your parent for fifteen minutes every few months, in a setting where your parent is doing their best to present well. What they often don't know is what you've been noticing at home. You are not going behind your parent's back. You are building a team of people who love them and want them well. — *Becky*

BEFORE THE VISIT

- ☐ **Get on the HIPAA release.** Without it, the doctor can't legally talk with you. Ask the office for the form.
- ☐ **Send a note ahead of time.** Call or write the office with what you've noticed: dates, incidents, patterns. (Use the table below.) Your parent won't feel ambushed in the exam room.
- ☐ **Bring every medication,** or the list on page 2. Ask for a review of all of them together. Interactions can mimic memory loss or cause falls.
- ☐ **Ask about a cognitive screening** if you're worried about memory. It's routine and gives everyone objective information.
- ☐ **Plan to go along.** Another set of ears matters. Take notes, ask questions, and make sure you understand before you leave.

WHAT I'VE NOTICED AT HOME

Share this with the doctor

Date	What happened

This sheet helps you organize what you see. It isn't medical advice. Follow your parent's doctor's guidance.

CURRENT MEDICATIONS

Include over-the-counter and supplements

Medication	Dose	When taken	Prescribed by	For

QUESTIONS TO ASK

1. Could any of these changes have a treatable cause, like an infection, thyroid issue, medication interaction or depression?
2. Is a cognitive screening a good idea right now?
3. Can we review all of the medications together, or see a pharmacist?
4. What should we watch for before the next visit?
5.

What the doctor said

Next steps:

Next appointment: