



## Preparing for the Doctor's Appointment

Being well prepared for an appointment with a doctor or medical professional is essential. All parties benefit from having accurate and up-to-date information so the best care plan can be implemented for you or your loved one. It is important to never withhold information from health care professionals.

Below is a list of items for you to take with you to the appointment. The forms listed below are available on our website under "Resources: Checklists & Tip Sheets":

- ☐ Insurance, Medicare or Medicaid card, and a picture ID such as a driver's license, passport, or state issued ID card.
- ☐ Complete the Personal Medication Record with a current list of all medications (prescription and over the counter), herbal supplements, vitamins, etc. Include a list of all medication and food allergies on this form as well.
- ☐ Complete the Health History Form. Within this form you will provide your emergency contact information, list of current physicians, history of surgeries, and complete the page for current medical problems.
- ☐ Complete the Checklist of Common Symptoms of Early Onset Alzheimer's Disease. T
- ☐ Have someone go with you to the doctor's appointment, if possible. Having a friend or family member with you helps to ensure you hear and make note of everything the doctor has to say.
- ☐ Make a list of questions to ask the doctor and make notes during the visit. If you don't understand something that is being said, please ask the doctor to clarify.

The most important thing to keep in mind is this: YOU are the authority on yourself or your loved one. Do not let anyone minimize the symptoms or changes that are being experienced. If you are not receiving the care and attention you need or if the doctor is dismissive of the symptoms, please find another doctor.