

Doctor Appointment Checklist for Caregivers

What to bring, what to ask, and what to do after your parent's visit.

Before the appointment

- ☐ Write down your top 3 concerns, most important first
- ☐ Bring every medication (prescriptions, over-the-counter, vitamins, supplements) or a full list
- ☐ Note changes since the last visit: falls, sleep, appetite, memory, mood, pain
- ☐ Bring insurance cards, ID and a list of your parent's other doctors
- ☐ Ask your parent if they want you in the room, and what they want you to speak up about

About symptoms or a new problem

- ☐ What could be causing this?
- ☐ What tests do you recommend, and what will they tell us?
- ☐ Is this a normal part of aging, or something we should treat?

About medications

- ☐ Could any of these medicines interact, or cause dizziness or confusion?
- ☐ Is there anything we could stop or lower the dose of?
- ☐ Which side effects should we watch for?
- ☐ When and how should each one be taken?

About care and next steps

- ☐ What can we do at home to help?
- ☐ Which warning signs mean we should call you, or go to the ER?
- ☐ Would physical therapy, home health care or a specialist help?
- ☐ When should we come back, and who do we call with questions?

After the visit

- ☐ Write down what the doctor said while it's fresh
- ☐ Update the medication list with any changes
- ☐ Book follow-up appointments and tests
- ☐ Share a short summary with the rest of the family

Doctor's answers and notes