

Notes to take to a doctor's appointment

Date _____

1. How would you describe the overall mental state of your loved one? About the same as the last visit? Better? Worse?

Things to consider:

- Can your loved one perform the tasks of daily living such as: bathing or showering without help and maintaining personal cleanliness, getting to the bathroom without having an accident, dressing, walking, and eating without assistance?
- Does your loved one remember where everyday items are kept in the house?
- Does your loved one know what day it is?
- Can your loved one use a computer or a cell phone?
- Does your loved one have trouble finding words when speaking?
- If your loved one went for a walk alone in your neighborhood, would he/she get lost?

2. How would you describe the overall physical health of your loved one? About the same as the last visit? Better? Worse?

Things to consider:

- Does your loved one exercise? How? How often?
- Has your loved one lost weight? How is his/her appetite?
- Has your loved one been to Urgent Care or the ER since the last visit?

3. Does your loved one feel connected to the outside world?

Things to consider:

- Is your loved one interested in what is happening in the world? Do they watch the news with interest? Do they read books, magazines, or a newspaper?
- Does your loved one remember the names of close friends and family members?
- Can your loved one communicate in writing (handwritten, text, or email)?
- Does your loved one get anxious when in new surroundings or with people he/she doesn't know?

4. Is your loved one still driving?

Things to consider:

- Has the ability of your loved one to drive changed?
- Has your loved one ever gotten lost while driving?
- Do you consider that your loved one is a safe driver?
- Have you noticed new dents, scrapes, etc. on the vehicle they drive?

5. Does your loved one seem happy?

6. Do you ever fear physical harm from your loved one?

Comments/Notes:

