

Preparing for Your Doctor's Visit

Fill out the information below to the best of your ability. Share it with your doctor. Be open and honest in answering any questions your doctor may ask you about the changes you've been experiencing. It is recommended to bring someone with you, either a family member or someone who knows you well enough to contribute information and can take notes so you don't have to worry about remembering anything.

Has your health, memory or mood changed?

How did it change?

When did you first notice the change?

How often does it happen?

When does it happen? Is it always at a certain time of day?

What do you do when it happens?

What behaviors are the same?

Do you have problems with any of the following?

Please check the answer.

Repeating or asking the same thing over and over?

Not at all Sometimes Frequently Does not apply

Remembering appointments, family occasions, holidays?

Not at all Sometimes Frequently Does not apply

Writing checks, paying bills, balancing the checkbook?

Not at all Sometimes Frequently Does not apply

Shopping independently (e.g., for clothing or groceries)?

Not at all Sometimes Frequently Does not apply

Taking medications according to the instructions?

Not at all Sometimes Frequently Does not apply

Getting lost while walking or driving in familiar places?

Not at all Sometimes Frequently Does not apply

Medications and medical history

List of medications (dosage, frequency) including over-the-counter and prescription: (Bring all over-the-counter and prescription medications with you to your visit.)

List vitamins and herbal supplements:

List current medical conditions:

List past medical conditions:

What to bring with you to your doctor visit

Bring someone with you, either a family member or someone who knows you well enough to contribute information and can take notes so you don't have to worry about remembering everything.

Bring all over-the-counter and prescription medications.

Bring your Advance Directives if you have them.

Questions to ask the doctor

What are tests I need to take and how long will it take to get a diagnosis? Will you refer me to a specialist?

Could the medicines I'm taking be causing my symptoms?

Do I have any other conditions that could be causing my symptoms or making them worse?

What should I expect if it is Alzheimer's?

Which treatments are available for Alzheimer's? What are the risks and benefits and possible side effects?

What about participating in a clinical trial? What are the risks and benefits?

Is there anything else I should know?

When should I come back for another visit?

Where can I get information about Advance Directives if I don't yet have one?