



Doctor's Appointments (Tips for Caregivers)



Overview

When you're a caregiver, you often help with doctor's appointments. You'll need to make sure the person you're caring for gets the most out of their appointment. Before a visit, it's good to prepare. These tips will help.

Make a list

First, make some notes about the person's health. Find out what they want to talk to the doctor about. Write down things you think are important to ask, too. If there are other caregivers, ask about their questions or concerns. Take these notes with you so you don't forget anything important.

Bring information

Next, gather the medications and supplements the person is taking. Or make a list of these, and the doses. Gather any medical records you may need, and make a list of other doctors the person sees. Bring these with you.

Be respectful

Finally, when you're at the visit, respect the person. Let them ask and answer questions, unless they want you to do that for them. Try to avoid getting into a two-way conversation with the doctor. Respect the person's privacy. Be prepared to leave the room if you are asked to do so. With a little planning and consideration, you can get the most from every doctor's appointment.