

Date _____

Checklist

Questions to Ask Your Parent's Doctor

Physician _____ Phone number _____

Email _____ Address _____

History

Date of last visit	Notes
_____	_____
Current medications/dosage	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Current conditions/chronic illness diagnosis	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Allergies	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Helpful tips: Print several checklists for future use. Also, while at the physician's office, discuss being added to HIPAA documents for your parent or family member so you're authorized to receive important medical information.

Observations

- I've noticed these physical/mental changes. Should I be concerned?
- Does my parent need any preventive screenings, tests or bloodwork today? In the future?
- Any new prescriptions or treatments? What is the dosage? Side effects?

Notes

General wellness

- Are there any dietary changes my parent needs to make?
- What are good exercises for my parent?
- Are there any supplements or vitamins that may be beneficial to my parent?

Notes

For future reference

- What changes should I watch for?
- What care options do you recommend? (if necessary)
- Would my parent benefit from therapeutic services at home?
- Should we arrange a follow-up appointment?
- Do you have any doctor and/or specialist referrals for my parent?

Notes
