

MY NAME:

My health notebook

Working with your doctor to get better care

Your doctor only has a limited amount of time to spend with you. You can help get the most out of each visit by being prepared.

Before your visit:

- Keep track of changes in your behaviour and medication (or the person you care for), and any concerns or questions that have arisen since your last visit. Write notes in this booklet or on a piece of paper.
- Before you visit the doctor, look at all the notes you have made. Write down your top three concerns so that you do not worry about remembering them. Your concerns may include questions on:
 - Changes in symptoms
 - General health
 - Carer's health
 - Help needed

During your visit:

- **Voice your concerns** Tell the doctor your concerns, or show the notes you have made.
- **Ask questions** If you do not understand something, ask questions until you do. Don't be afraid to speak up and share your point of view.
- **Gather information** Take notes during the visit. Before the end of the visit, look over your notes and tell the doctor what you understood. This gives the doctor a chance to repeat something that was missed.

Date of visit:

Name of doctor:

Changes in behaviour or medication since my last visit:

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Top three concerns to discuss with doctor:

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Notes during visit:

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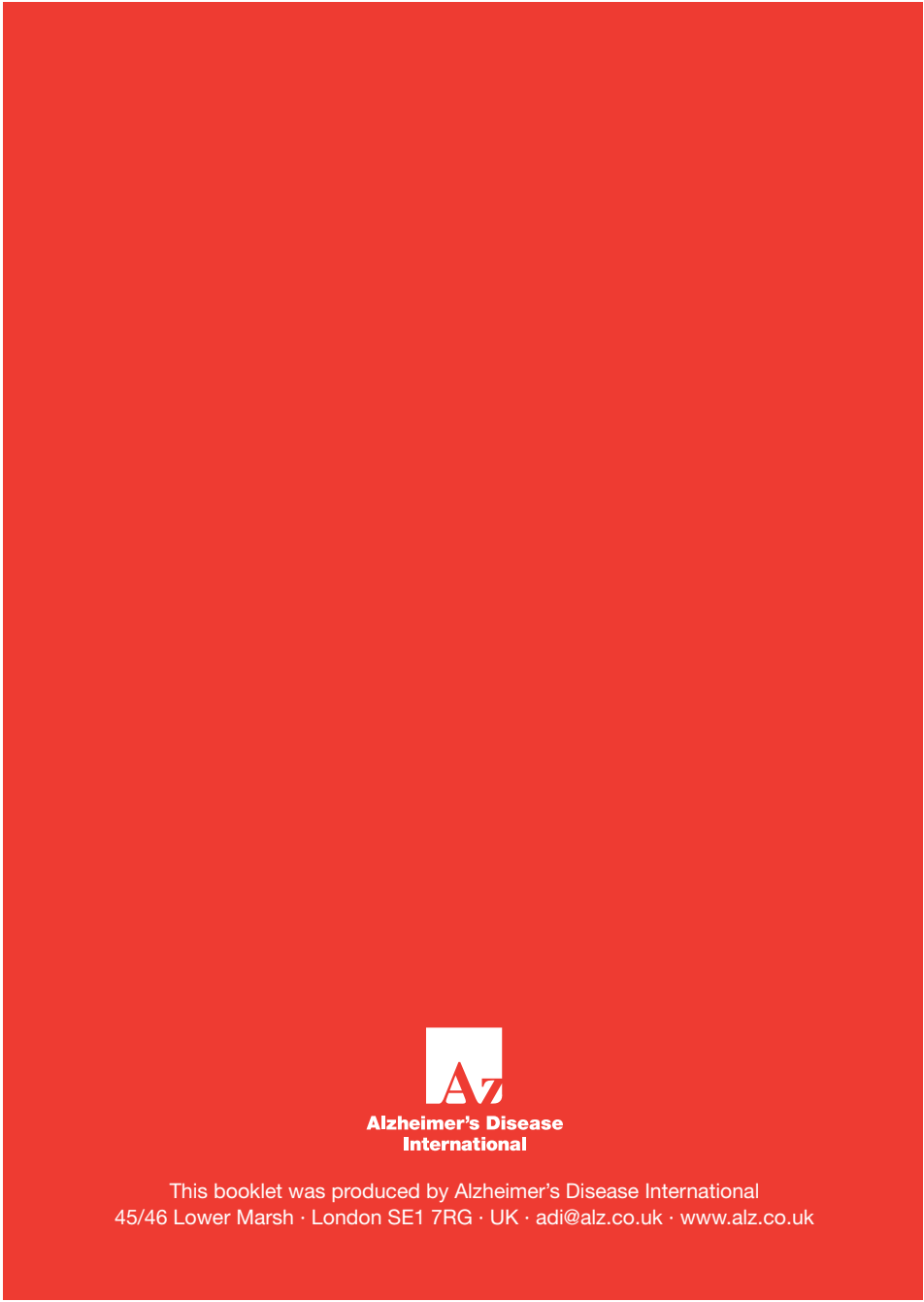
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**Alzheimer's Disease
International**

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