

Tips to Help Caregivers Before and During Appointments



Prepare important information

Bring a list of prescription medications, over-the-counter drugs, and natural products and their dosages. Keep a list of illnesses, hospitalizations, surgeries, allergies, and vaccinations.

Bring any forms that need to be signed

If you have any documents that require a care provider's signature bring them with you. It can be easier if you print them out.

Allow yourself extra travel time

Planning for extra travel time can prevent stress if something unexpected occurs on your route to the appointment.

Write down questions to ask

Creating a list of questions prior to the appointment can help you get the answers you need and prevents forgetting to ask about something.

Ask the most important questions first

Ask the most important questions and discuss the most important topics first. Prioritizing certain questions ensures that there is time to get answers and learn more.



Make time to express and address your emotions and concerns

Although the appointment may not be for you, as a caregiver it is important to address your emotions, questions, and concerns.



Ask for any new or technical terms to be written down

Ask them to write out any new or technical terms and ask for reputable resources to learn more about these terms.

Take some notes

Noting down important information can help you remember the details of the appointment and can allow you to review this information later.

Share your knowledge

Caring for someone can make you very knowledgeable about their situation and allows you to know more personal information than a health professional could know or obtain.

Let them know if you'd like to speak privately

If there are others present at the appointment, including the person you are caring for, you may wish to discuss certain topics privately. If so, let the health care provider know you would like to speak to them alone.



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