



Preparing for your doctor's visit

Fill out this checklist. Share it with your doctor. Answer any questions your doctor asks. Be honest about changes in your life — or changes that you've noticed in someone else.

Do you or someone you care about have any of these problems?

1. Attention

- Being easily distracted
- Losing focus in conversation

2. Memory

- Asking the same questions over again
- Repeating the same information many times
- Losing things
- Leaving the stove on, tap running or door unlocked
- Forgetting meetings or the current month

3. Language

- Having problems remembering people's names
- Struggling to use common words
- Using the wrong words
- Finding it hard to follow a conversation with many people
- Having trouble with simple spoken and written instructions

4. Vision and space

- Not recognizing faces
- Getting lost in familiar places
- Having difficulty finding the way when driving or walking

5. Judgment

- Having problems planning daily activities (like managing money, or going out alone)
- Not knowing what to do if there is a fire or if someone becomes sick
- Having problems with driving or using appliances

6. Coordination

- Can't put actions in order (like taking the right steps to make a cup of tea)
- Having problems using utensils to eat or using tools to groom

7. Mood

- Feeling sad or frustrated a lot
- Losing interest in doing things

8. Personality and behaviour

- Seeing or hearing things that other people do not
- Being suspicious (like thinking people want to hurt you)
- Becoming upset or frustrated fast
- Seeing changes in your personality
- Being impolite, or acting out of character
- Having strange food cravings

9. Daily function

- Hard to finish familiar tasks (like bathing, or getting dressed)



Medications and medical history

Take your medications to your appointment; include any prescription drugs, vitamins or supplements.

If you are seeing a new doctor, prepare a list of your current medical conditions.

More questions to ask your doctor

What tests will I need to take?

How long will it take to get a diagnosis?

Do I have any other conditions that could cause my symptoms or make them worse?

Would you suggest that I see a specialist?

When should I come back for another visit?

Sources:

Masellis, M. & Black, S. E. (2008). Assessing patients complaining of memory impairment. *Geriatrics and Aging*, 11(3), 169-178.

American Alzheimer's Association. (2022). *Visiting your doctor*.

American Alzheimer's Association. (2022). *Working with the doctor*.

