

THE DEMENTIA ROADMAP

DOCTOR VISIT CHECKLIST

Things You Don't Want to Forget

Use this page to jot down changes, concerns and questions before the appointment. Bring it with you so important details are easier to remember.

- [] **Changes since the last visit** - memory, confusion, mood, behavior or communication
- [] **Sleep changes** - night waking, sleeping more, wandering or day/night reversal
- [] **Falls or balance problems** - falls, near-falls, dizziness, weakness or walking changes
- [] **Eating or drinking changes** - appetite, weight, hydration, coughing/choking or swallowing
- [] **Bathroom changes** - accidents, constipation, frequent urination or other changes
- [] **Pain or discomfort** - where, when and behaviors that may signal pain
- [] **Medication concerns** - new medicines, missed doses, side effects or excess sleepiness
- [] **Changes in daily abilities** - bathing, dressing, eating, walking or toileting
- [] **Safety concerns** - driving, wandering, falls, cooking or nighttime safety
- [] **Caregiver observations** - new patterns, triggers or behaviors you have noticed

Questions I Want to Ask

1. _____
2. _____
3. _____

Doctor's Recommendations / Next Steps

TIP: Bring an up-to-date medication list, including over-the-counter medicines and supplements. If a symptom or behavior is new or sudden, say when it started.

This checklist is for organization and education and is not a substitute for medical advice. For urgent or severe symptoms, seek appropriate medical care.

The Dementia Roadmap - Compassion. Guidance. Hope.