

Checklist item	N/A	Started	Done	Comments
My loved one and I try to visit the doctor's office with another person to make sure we hear everything right.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
When I go to the doctor's office with my loved one, I take notes so we can remember what they said later.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
When I go to the doctor with my loved one, we repeat back the information learned and instructions given by the doctor to ensure we understand everything discussed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I asked my loved one if they have any other concerns or questions for the doctor before we leave.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My loved one signed paperwork at the doctor's office that lets the doctor discuss their treatment with other family members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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My loved one's list of medicines includes all vitamins, supplements, and things we buy from the drugstore.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
When my loved one gets a new medication, I always ask the doctor what the side effects are.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I made sure that all of my loved one's doctors have all my loved ones' medical records. This may involve my loved one or me giving permission for records to be sent from one doctor's office to another.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
When I go to the doctor's office with my loved one, I bring a list of their medicines, including how much they take, when they take it, and if they take it with food. (Or I bring all their medicine bottles with me.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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<p>My loved one or I keep a list of my loved one's symptoms every day and write down anything unusual. I bring that list with us when we go to the doctor.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>I regularly ask my doctor if my loved one needs to drink things like Ensure or Boost to make sure they're getting enough nutrition.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	