

Making the most out of healthcare appointments

Remember: You are part of your Family/Friend's team

Before an appointment:

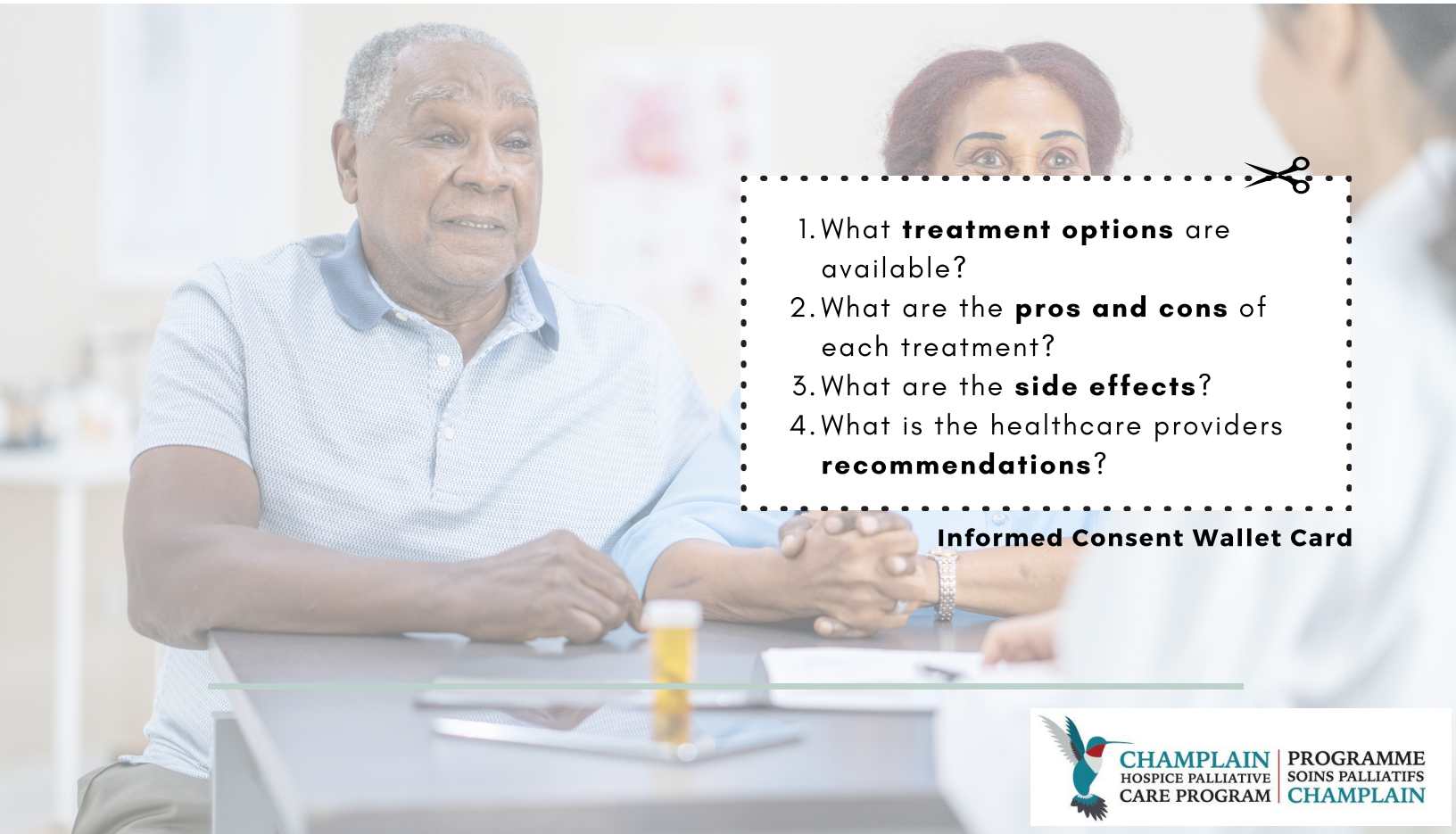
1. Prepare a list of concerns that you would like to address
2. Prioritize your list, so that the most pressing matters are on top
3. Bring a list of medications to all appointments
4. Bring a notebook to record answers to all your questions

During an appointment:

1. Introduce yourself and explain that you are your Family/Friend's Caregiver
2. Address your list of concerns
3. Be honest (if you do not understand something or if you are concerned over a recommendation)
4. Summarize any decisions to ensure you understood the actions moving forward
5. Ask for information in writing if you feel it would help (test results, diagnosis)

When receiving news:

1. What is the **diagnosis**
2. What is the **trajectory** of this disease/condition
3. Can you explain the **results** of this test?

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1. What **treatment options** are available?
 2. What are the **pros and cons** of each treatment?
 3. What are the **side effects**?
 4. What is the healthcare providers **recommendations**?

Informed Consent Wallet Card