



Doctor Appointment Checklist

“A Simple Guide for Better Appointments.”

A photograph of a smiling family of four (a woman, an older woman, an older man, and a younger man) outdoors, with trees in the background. The image is part of a promotional banner for the Aging Parent Resource Hub.

Helping you find
answers, resources,
and *peace of mind*
for your aging parents.

♥

- CARE NAVIGATION
- COMMUNITY RESOURCES
- HEALTHCARE SUPPORT
- PEACE OF MIND

♥ You don't have to do it alone. We're here to help every step of the way. *Because they gave so much. You deserve support.* ♥

Michelle Berry, RN

Founder | Aging Parent Resource Hub

www.AgingParentResourceHub.net

Before the Appointment



Watch For

- New or worsening symptoms
- Changes in medications
- Recent falls or changes in mobility
- Changes in memory, mood, or behavior

What You Can Do

- ✓ Write down your top 3 concerns
- ✓ Update your parent's medication list
- ✓ Gather recent medical paperwork
- ✓ Write down your questions before you go

RN Insight

A few minutes of preparation can make a big difference. Writing things down ahead of time helps you make the most of your appointment.

What to Bring



Watch For

- Medication bottles or an updated medication list
- Recent test results or hospital paperwork
- Changes in symptoms since the last visit
- Questions you want the provider to answer

What You Can Do

- ✓ Bring your parent's insurance card
- ✓ Bring a list of current providers
- ✓ Bring a notebook or use your phone for notes
- ✓ Bring a trusted family member when possible

RN Insight

Having the right information with you can help the provider see the full picture and reduce the chance that something important gets overlooked.

Questions to Ask



Watch For

- Instructions you don't fully understand
- New medications or medication changes
- Tests, referrals, or follow-up appointments
- Anything that doesn't seem clear or make sense

What You Can Do

- ✓ Ask what the main concern is
- ✓ Ask what happens next
- ✓ Ask what to watch for at home
- ✓ Ask who to contact with questions

RN Insight

There are no silly questions when it comes to your parent's health. If you don't understand something, ask the provider to explain it in a different way.

During the Appointment



👁️ Watch For

- New diagnoses or changes in condition
- Medication changes or new prescriptions
- Tests or referrals that are ordered
- Instructions that aren't clear

✅ What You Can Do

- ✓ Take notes during the appointment
- ✓ Ask questions when you don't understand
- ✓ Repeat back important instructions
- ✓ Ask who is responsible for the next step

💡 RN Insight

It's okay to slow the conversation down. You deserve to understand what is happening and what needs to happen next.

Before you Leave



Watch For

- Instructions you aren't sure about
- Medication changes you need to understand
- Tests or referrals that still need to be scheduled
- Warning signs you should watch for at home

What You Can Do

- ✓ Repeat the plan back in your own words
- ✓ Confirm medication changes
- ✓ Confirm follow-up appointments
- ✓ Ask who to contact if something changes

RN Insight

Before you leave, make sure you know what happens next. A clear plan can help prevent confusion once you get home.



What to do next

Noticing one or more of these signs doesn't necessarily mean your loved one is seriously ill—but it does mean it's time to pay closer attention.

The earlier concerns are recognized, the more options families often have for getting the right support and planning ahead.

If you're feeling overwhelmed or unsure where to start, you don't have to figure it out alone.

I'm here to help.

Michelle Berry, RN

Founder | Aging Parent Resource Hub

Helping families:

- Navigate the healthcare system
- Understand medical recommendations
- Find community resources
- Create a plan of care with confidence

Schedule your FREE 15-minute consultation

 AgingParentResourceHub.net



Meet Your Patient Advocate

Michelle Berry, RN

With more than 14 years of nursing experience, I've helped patients and families navigate the often-overwhelming healthcare system. I created Aging Parent Resource Hub because I believe caregivers deserve trusted guidance, practical resources, and peace of mind while caring for an aging loved one.

I can help you with:

- Understanding medical recommendations
- Finding community resources
- Coordinating care
- Preparing for difficult healthcare decisions
- Creating a personalized action plan
- Understanding Medicare and insurance options

You don't have to navigate this journey alone. I'm here to help.

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