

YOU CAN BE A POWERFUL ADVOCATE FOR YOUR LOVED ONE—AND WE CAN HELP

NUBEQA offers this helpful guide to appointment preparation for caregivers.



Doctor appointments can be stressful—even as a caregiver. You probably have a lot of questions and concerns. Since doctors may only have limited time, we know you're dedicated to making the most of it.

Here are some tips to help you feel confident that you're ready.



Before the appointment

- **Talk with your loved one:** Ask about any new symptoms or changes, and decide together what to share with their doctor. Reflect on your own observations, and discuss them with your loved one to ensure you're both prepared for the appointment
- **Set a goal:** It can give the appointment a sense of purpose. Maybe you're looking for a specific answer, recommendation, or information. Setting a goal ahead of time can help make the appointment more productive
- **Bring your records:** Consider bringing a file or binder with relevant notes, health records, medication lists, and recent test results that may be needed



During the appointment

- **Talk to the staff:** Right before talking to the doctor, lay the groundwork for a productive visit by pointing out the main concerns you want to discuss with the nurse or other staff in the doctor's office. They can offer helpful information and prepare the doctor for your questions
- **Take notes:** Write down the most important points from the appointment. You may also ask the doctor if you can record the conversation
- **Speak up:** If you don't feel like you're on track, or you're not getting what you need, say so. You have limited time with the doctor, so be an advocate and make sure your loved one is getting the most out of their appointments



After the appointment

- **Make a voice memo:** Try recording a voice memo directly after the appointment. Between that and your notes, you can leave with a full picture of the conversation and next steps
- **Debrief:** Talk with your loved one about how it went. Do they feel like they got what they needed? Is there anything you should follow up on?
- **Stay organized:** Keep everything in the same place at home. You could use a dedicated drawer, filing cabinet, or even just a binder. That way, it's easier to gather the important records next time

You're already making a difference, and we're deeply thankful.

As a caregiver, you've been a partner and advocate for your loved one. That's why we're caring for those who care the most, because your positive impact should never go unnoticed.



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