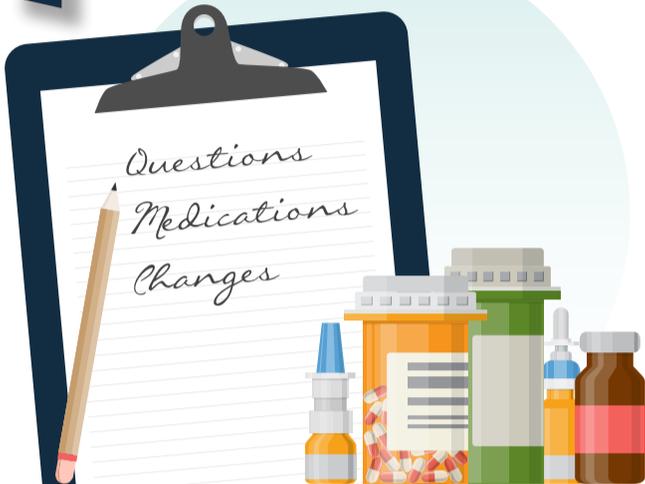


Tips for Caregivers



How to Communicate with your Care Recipient's Doctor

1 BEFORE



- **Write** down questions or concerns about their health or care plan
- **Create** a current medications list
- **Note** any changes with their routine, behavior, and health

2 DURING

- **Get** answers and **ask** clarifying questions
- **Take** notes to refer to later
- **Review or develop** a care plan and update the list of current medications
- **Discuss** behavioral and health changes, include care recipient
- **Allow** care recipient to openly express their opinions



3 AFTER



- **Review** appointment notes
- **Call** the doctor to clear up any questions
- **Update** care plan
- **Discuss** the doctor's visit and changes to the care plan with your care recipient

Your role as a caregiver is important, learn more www.cdc.gov/aging/caregiving/index.htm