

CAREGIVER TIPS:***Preparing for Your Loved One's Appointment***

Healthcare appointments can go by very quickly, so it's best to arrive prepared. Before you accompany a loved one to their next appointment, here are some tips to make the most of your visit:

**1 APPOINTMENT PARTICIPATION**

Can both of you make the appointment? If you can't, consider finding someone to go in your place or suggest your loved one reschedule the appointment so someone can accompany them.

If you're having trouble keeping track of appointments or need assistance coordinating schedules, consider downloading [LivingWith](#), a free app developed by Pfizer Oncology that can help you build a network of support and easily update loved ones, as well as allow you to send or receive requests for help with tasks.

2 BRING GLASSES, HEARING AIDS AND OTHER COMFORT ITEMS

It's essential that they can hear, see and understand what the doctor tells them. Make sure they bring their glasses or hearing aids to every appointment if they use them. Consider bringing other personal belongings, such as a blanket or sweater if the office is cold, snack and a water bottle and a magazine or book to help pass the waiting time.

3 WRITE DOWN QUESTIONS AND CONCERNS

Make a list of any new or worsening symptoms your loved one may be experiencing and include questions about their current treatments or condition. The [LivingWith](#) app can be a great tool to use to get organized and store questions for your doctor and key documents in one place.

4 CREATE A LIST OF MEDICATIONS

Write down the current medication names and dosages or physically bring the medications to the appointment. This includes prescription drugs, over-the-counter medicines and herbal remedies or supplements.

5 COMPILE A LIST OF HEALTH CONDITIONS

Write down any other conditions they are living with besides cancer and keep the list updated. This includes both physical and psychological conditions.

6 OUTLINE PREVIOUS MEDICAL HISTORY AND PAPERWORK

Make sure to bring your loved one's insurance cards, names and phone numbers of other doctors they see, as well as all of their medical records to the appointment.