AGING WELL

CARE NAVIGATION LTD.

Preparing for Your Next Appointment

Before your appointment: what matters to you

A little preparation can help you explain what is happening, ask the questions that matter to you and leave with a clearer understanding of next steps. Complete what feels useful; use extra pages if needed.

Type into the fields or print and complete by hand. Save your completed copy.

My name

Date prepared

Healthcare provider / clinic

Appointment date and time

Location / phone or video details (keep access codes separately)

My priorities & questions

What matters most to me at this appointment? What would I like help with?

My questions (put the most important ones first)

You can bring this guide and, if you wish, invite a trusted person to support you. Let the clinic know about communication, mobility or other access needs before your visit.

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Before your appointment: changes & practical preparation

My name

Appointment date

What I have noticed

Changes or concerns, when they started, and how they affect daily life

Patterns I have noticed: what makes things better or worse?

Medication / supplement changes, concerns or questions to discuss

What may help me prepare

Suggestions: bring an up-to-date medication and supplement list, allergy information, health card, relevant records requested by the clinic, glasses or hearing aids, and your questions.

Support I would like: communication, interpreter, mobility, transport or support person

Ask the clinic in advance about any preparation instructions. Keep your current medication list with this guide, and tell the provider about any changes.

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Preparing for Your Next Appointment

During & after your appointment: a clear plan

My name

Appointment date

What we discussed / what I understand about the recommendations

Medication or treatment instructions from my healthcare provider

Tests, referrals or other next steps: who will arrange them, and by when?

Follow-up appointment / how and when I will receive results / whom to contact

What should prompt me to seek help, how urgently, and whom should I contact?

Questions I still have / anything I need explained again

Before leaving, try: "To check I understand, my next steps are..." Ask for written instructions if helpful. This guide records your conversation; it does not replace instructions from your healthcare provider.

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