

Tips on Accompanying your Loved One to the Doctor's

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You've managed to convince your father to go to the doctor, but going there might not be easy for you either. Advanced preparation is the key to success.

Before you go make a list of all the questions you want to ask and make notes of anything you want to mention such as changes in sleeping or eating habits, mood, or other behaviors. Be sure to include your loved ones' thoughts and questions as appropriate. Make sure you understand the details of their condition and any instructions the doctor gives you. If you aren't sure just ask. It will save you from stress in the long run.

[Here are more tips to make the experience easier:](#)

- Have a copy of their medical profile, including a list of health conditions and current medications.
- Make sure both of you have eaten beforehand (unless they are instructed not to eat for a particular kind of test). Make sure they are dressed for the weather and the temperature inside the office. Is it hot outside but freezing inside from the air conditioning?
- Plan enough time to transfer them to and from the vehicle and make sure you can get them safely in and out of the vehicle you plan to use.
- Check the location of parking. If the distance is far to walk arrange to have a wheelchair available if necessary.
- Once in the office keep the care recipient engaged as this may help them relax.