Your Share Notes from brainhealthtoolkit.com

Your Next Steps

- Bring this note to your doctor's visit. Print it out or keep it on your phone.
- Be prepared to make the most of your doctor's visit while you're there. Use these tips
    - Bring a way to take more notes while you're at your doctor's visit. Write down key information. You can use the template included in the printable Share Notes tool (check your downloads folder for this file).
    - Advocate for yourself. Don't be afraid to tell your doctor if you are unsure.
    - Confirm next steps before you leave the doctor's office.

These materials were created by a team of experts at the University of California, San Francisco and the University of Southern California, and are supported by the California Department of Public Health, Alzheimer's Disease Program. © 2024, funded under contract #23-10608. Contact: brainhealthtoolkit@ucsf.edu.

TOOL 2

SHARE NOTES

Learn how to prepare for your doctor's appointments. Take notes to make the most of your time with your healthcare team.

Use for health appointments.

Caring for your medical conditions helps you live a full life as you age.

Partner with your healthcare team and people you trust to support your brain health.

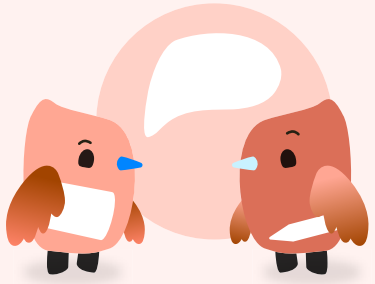
Unfold this page to learn how to make the most of your doctor's visits.

Before your visit:

Write down questions and concerns to bring to your visit.

Pick 3 priorities for your visit.

Ask someone you trust to come with you.



While you're there:

Write down
key information.

Advocate for yourself.
Don't be afraid
to speak up if
you feel unsure.

Confirm next steps
before you leave
the doctor's office.

Prepare to talk to your doctor about your brain health.

If you've noticed changes in your brain health, take notes about your experiences.

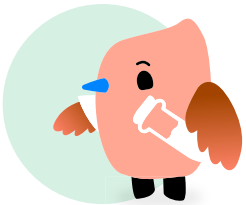
Taking notes can help your doctor understand why the changes are happening.

It can also help to talk to people you trust about your concerns and find out what they've noticed.

When you share brain health concerns, your doctor might:

Ask you questions about what you are experiencing.

Test your memory and thinking.



Order blood tests and brain imaging, if needed.

Remember: everyone's health journey looks different. Work together with your doctor to find what is best for you.

Take notes on these pages.

If you have a camera on your phone, take a picture in case you forget your notes.

TEAR-OUT SHEETS →

APPOINTMENT DATE

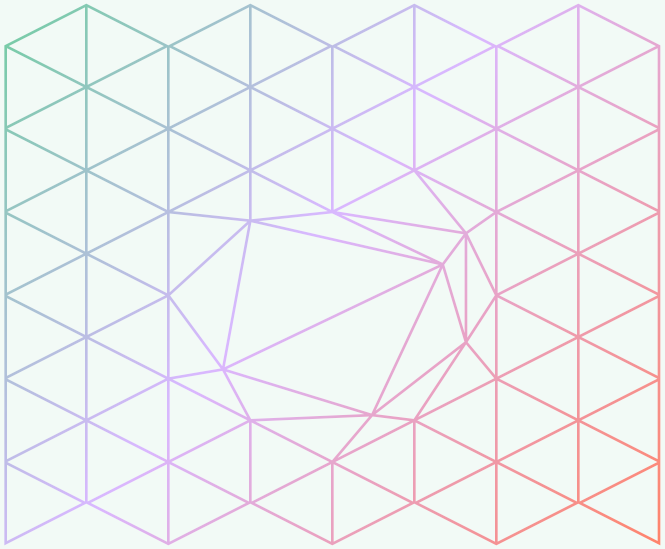
DOCTOR NAME

TAKE NOTES BEFORE YOUR VISIT

NEXT APPOINTMENT DATE

TAKE NOTES DURING YOUR VISIT

NOTE YOUR NEXT STEPS



MIND YOUR **BRAIN HEALTH**

Use this toolkit to understand and support your brain health as you get older.

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We're also online. Go to BrainHealthToolkit.com for the digital toolkit & to learn more.