

# 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.

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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](mailto: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.*

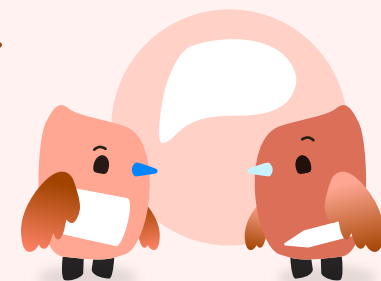
## Before your visit:

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.

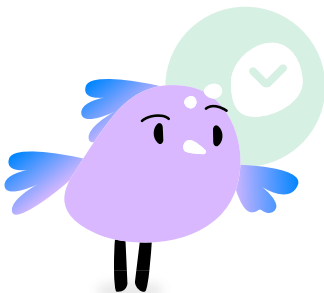
Taking notes can help your  
doctor understand why the  
changes are happening.

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

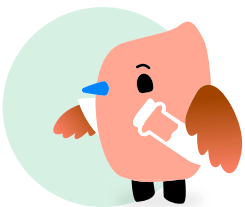
When you share  
brain health  
concerns, your  
doctor might:



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

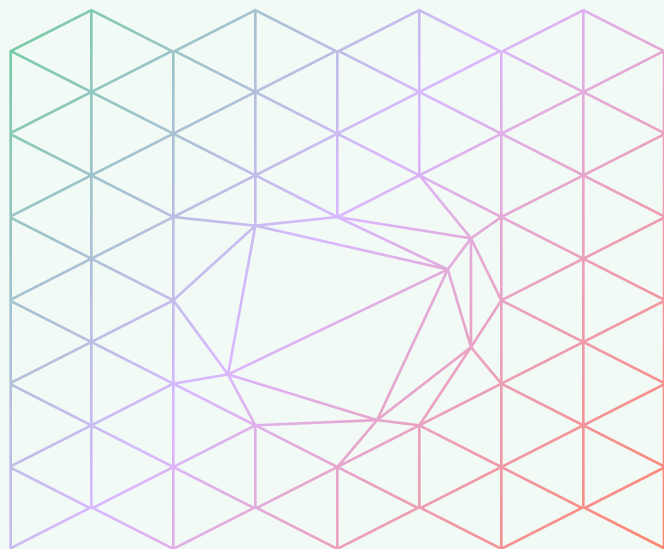
DOCTOR NAME

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.



This toolkit was created by a  
team of experts at the  
University of California, San  
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of Southern California. It is  
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*Reuse or recycle. Pass on to  
a friend or recycle the paper.*

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We're also online. Go to  
[BrainHealthToolkit.com](https://BrainHealthToolkit.com) for the  
digital toolkit & to learn more.