



GP Appointment Preparation Checklist

When You're Noticing Changes in Someone You Love

This checklist is designed to help you feel clearer, steadier, and more confident when speaking with a GP. You don't need to complete everything perfectly—use what feels helpful.

1. Notice Patterns (not one-off moments)

Over time, have you noticed repeated changes rather than isolated incidents?

- ☐ Memory changes (especially recent events or conversations)
- ☐ Changes in mood, personality, or behaviour
- ☐ Confusion with time, place, or familiar routines (especially when driving)
- ☐ Difficulty with everyday tasks
- ☐ Language or communication changes
- ☐ Withdrawal from activities or people
- ☐ Poor judgment or unusual decisions
- ☐ Restlessness, pacing, or sleep changes
- ☐ Visual or spatial difficulties
- ☐ Frequently misplacing items in unusual places

2. Write Things Down (this matters more than memory)

Over a few weeks, note what you observe in **simple, factual language**. You don't need to analyse or diagnose—just record.

For each entry, include:

- ☐ Approximate date
- ☐ What happened (brief and factual)
- ☐ How often it has occurred
- ☐ Any changes from their usual behaviour

(Example: "Forgot how to use the microwave—has used it daily for years.")

3. Gather Background Information

Before the appointment, jot down:

- ☐ Current medications (including recent changes)
- ☐ Any recent illnesses, infections, or hospital stays
- ☐ Family history of dementia or neurological conditions
- ☐ Changes in alcohol use, sleep, or stress levels

4. Decide How You Want the Appointment to Feel

It's okay to plan *how* you want to have this conversation.

- ☐ Do I want to speak privately with the GP first?
- ☐ Would it feel easier to email my notes ahead of time?
- ☐ What feels most respectful for my loved one right now?

(Many people find it helpful to send written observations to the GP beforehand.)

5. If You Email the GP in Advance (optional but powerful)

You might include:

- ☐ A brief note explaining why this is hard to discuss in front of your loved one
- ☐ Your written observations (chronological, factual, calm)
- ☐ A request for guidance on next steps, tests, or referrals

(Advocating this way is not disloyal—it's caring.)

6. During the Appointment

- ☐ Bring your notes (printed or on your phone)
- ☐ Ask what the **next steps** are, even if diagnosis is not immediate
- ☐ Ask what can be ruled out first (e.g. vitamin deficiencies, infections, medication effects)
- ☐ Ask who to contact if symptoms change or worsen

7. After the Appointment

- ☐ Write down what was discussed
- ☐ Note any tests, referrals, or follow-up appointments
- ☐ Acknowledge yourself for taking this step

This is not an easy conversation—and you showed care by having it.

A Gentle Reminder

You do not need certainty before seeking clarity. Trusting your observations, documenting what you notice, and asking for support is not overreacting—it is an act of love.

This space offers guidance and resources to support carers and is designed to complement — not replace — professional care and personal support networks, through my lived experiences and acquired knowledge during my journey.