

## The Journey Towards Assisted Living:

Things to bring for a discussion with the Primary Care Physician

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- List of Current Medications
- List of past surgeries (date and location if possible)
- List of medical conditions
- List of any specialty physicians and contact info
- List of your primary concerns
- List of questions from other decision makers (children, spouse)
- Paper or a digital notebook for taking notes
- Important paperwork such as Living Wills or DNRs
- Identification Card(s)
- Health Insurance Card(s)
- Credit Card or other way to pay the bill
- Calendar for follow up and planning purposes
- Small hand sanitizer & antibacterial wipes
- Any special mobility equipment (prosthetics, canes, walkers)
- Dress them in comfortable, easy to dress/undress clothing
- A light sweater or jacket in case it is cold