

Two things worth keeping to hand

Thank you for joining the list. This is yours to print as often as you like, and there is nothing to buy.

The Care Team cards

Print page 2 and cut along the dashed line. You get two identical cards.

1. Everyone who helps fills in their name, role, phone and **initials** — once.
2. Keep one card with the log book, and give the other to whoever else is involved.
3. That is what makes an initialled entry readable to a doctor, a nurse, or a family member who was not there.

The spare doctor visit summary pages

Pages 3 to 5 are the same summary the book uses every thirty days. Fill one in before an appointment and hand it over — it answers most of what you will be asked.

Print at 100%, not "fit to page". These pages are laid out with half an inch of margin so a home printer will not clip them or shrink the type.

Care team

Who helps, how to reach them,
and whose initials are whose

NAME	ROLE	PHONE	INITIALS

ALLERGIES & CONDITIONS

CUT HERE

Care team

Who helps, how to reach them,
and whose initials are whose

NAME	ROLE	PHONE	INITIALS

ALLERGIES & CONDITIONS

Doctor visit summary

Days _____ to _____ · Appointment date _____

Medicines being taken now

MEDICINE	DOSE	WHEN	WHAT IT IS FOR

Vitals this month

READING	HIGHEST	LOWEST	USUAL

What changed this month

Falls, incidents or urgent care

Questions for the doctor

Doctor visit summary

Days _____ to _____ · Appointment date _____

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