

My appointments

A record of my appointments with health
and social care professionals

My name:

My telephone number:

Who to contact if I need support:

Name:

Telephone number:

Relationship to me:

For more information
alzheimers.org.uk
0333 150 3456



When you have dementia, you may get support from a number of different professionals. This booklet will help you to keep a record of the appointments you have with them.

There are likely to be many health and social care professionals involved in your support. These could include:

- doctors
- support workers
- care assistants
- social workers
- nurses
- occupational therapists.

It can be confusing to keep track of all of the different professionals you meet, and what advice they give. Sometimes when you're talking to a professional it can be difficult to remember the questions you wanted to ask. **My appointments** can help you to keep all this information in one place.

“

‘It sounds quite good, really, because I was thinking, “Gosh, when did I first go to see this?” and “When did I go to that?” and “Who was at that?” I think I’d like something like [this booklet]. It would be very helpful for me and my husband, and others who would be looking after me.’

Person living with dementia

What is My appointments for?

This booklet has space on pages 3–29 to write questions or notes:

- before an upcoming appointment
- during an appointment as you talk to the professional
- after an appointment – to keep a record of what was said or done.

On page 2 you can find suggested instructions on completing the pages, but you can use this booklet however works best for you. Different things work for different people.

You can complete the pages yourself, or ask someone else – like a family member, or the professional – to do it for you.

You might want to keep the booklet in one place at home – for example, in a particular drawer. This can help you to find the book when you need to write something down.

Be aware that other people visiting you may see the booklet, so only write in it what you are comfortable for other people to know.

If you would prefer to take notes on a phone, tablet or laptop, you can also download a digital copy of this booklet from our website. Go to alheimers.org.uk/myappointments to get your copy.

“

‘In my opinion, for what it’s worth, I think it’s a first-class piece of work and I wish I had it [when my wife was diagnosed]. Because if you said to me now “Who did you deal with?”, I haven’t got a clue.’

Carer of a person living with dementia

How to fill in the pages

Use one page for each appointment. The section at the top of each page has space to put down the date, time and location of the appointment, as well as what it's about. You could also ask the professional for a photo to include here, if this would help you to recognise them in future.

The next section can be used to record details of the person you are meeting. You should note down their phone number or email address, in case you or someone else needs to contact them again.

In the following section, you can write down any questions you want to ask the professional you are meeting with. You can then use this as a reminder during the appointment.

At the bottom of the page, there is space to note down what was discussed during the meeting. You can complete this or the professional can fill it in for you. You can also make a note here of anything you need to follow up on after the appointment.

If you need another copy

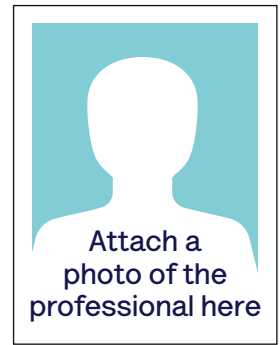
You may run out of pages to fill in. If this is the case, you can order another copy of **My appointments** for free. To do this, you can:

- email us at orders@alzheimers.org.uk
- use our online order form – alzheimers.org.uk/orderpublications
- call us on **0300 303 5933**.

“**I work with memory clinic teams and we provide post-diagnostic support. The [appointments] book is so helpful for [people affected by dementia] to make sense of who's visiting and why, and record notes in one place.'**

Professional working in dementia care

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Name of the organisation they work for

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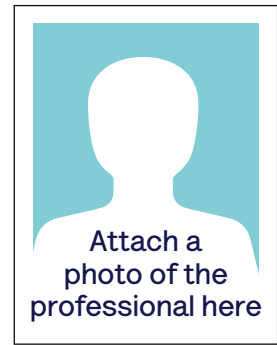


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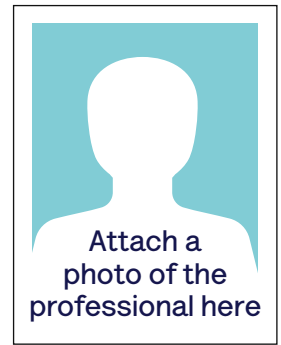


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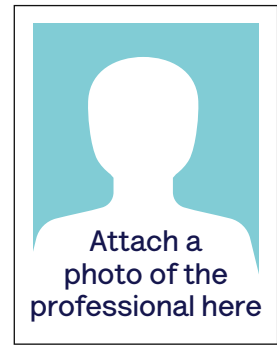


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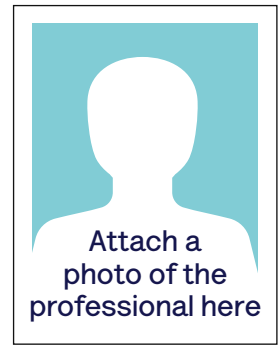


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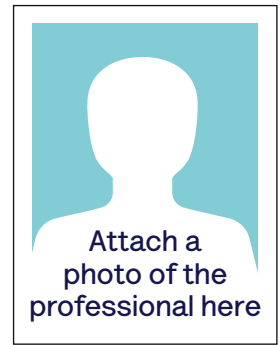


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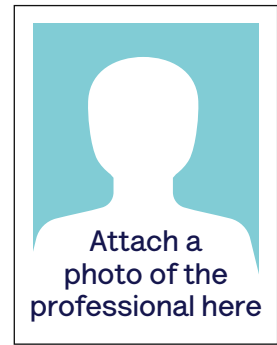


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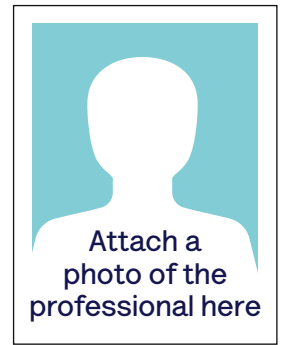


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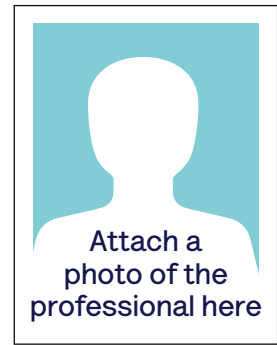


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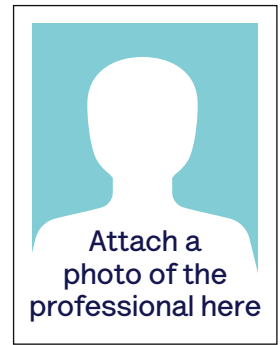


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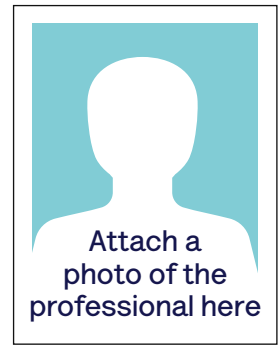


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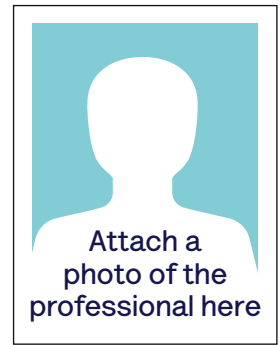


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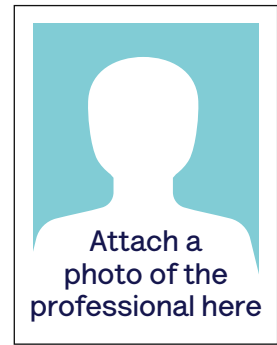


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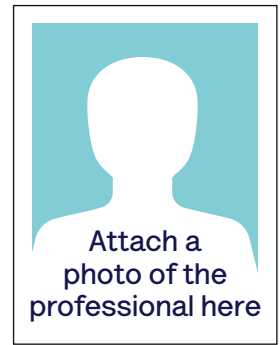


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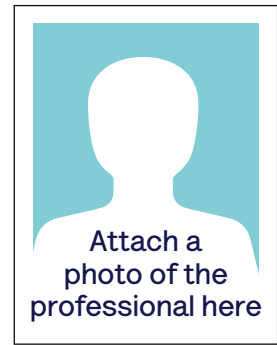


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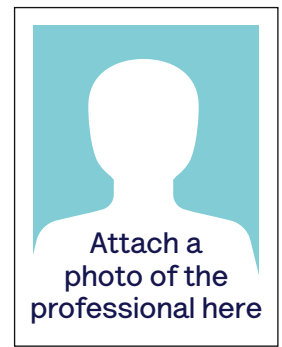


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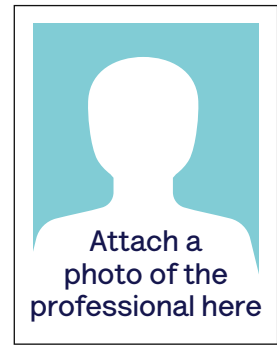


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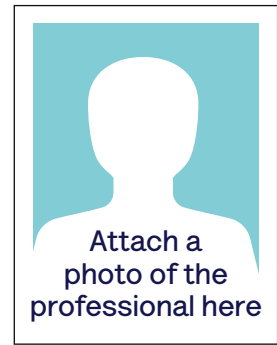


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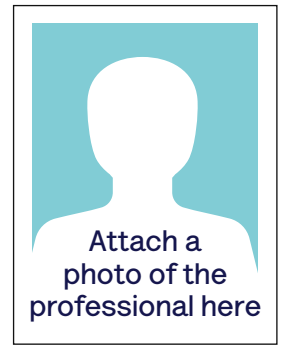


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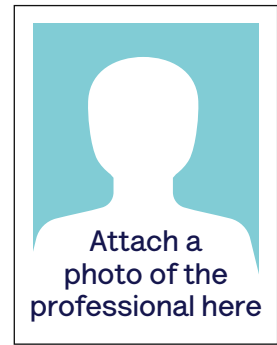


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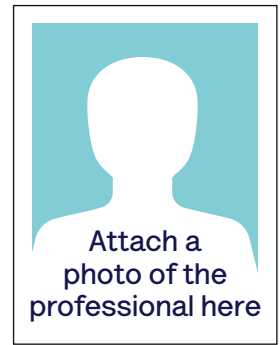


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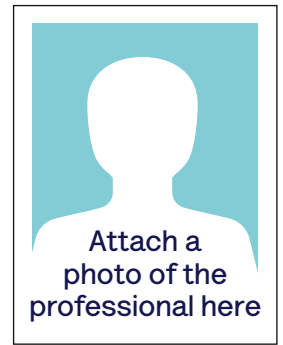


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Alzheimer's Society support services

Alzheimer's Society's Dementia Connect service provides a range of information, advice and support to anyone affected by dementia in England, Wales and Northern Ireland. You can reach us online, on the phone and face-to-face.



Online

Go to **alzheimers.org.uk/get-support** for online advice and support whenever you need. Here, you'll find information on any aspect of dementia and the option to download or order what you need from our wide range of publications.

You can also connect to others affected by dementia on our online community **Talking Point**, and search for services in your area using our **dementia directory**.



Phone

You can contact our Dementia Connect support line by calling **0333 150 3456** seven days a week. If you speak Welsh, call our Welsh-speaking support line on **03300 947 400**. Our dementia advisers are available to tackle problems, share advice and practical information, or simply provide a listening ear. They can send out information that's right for you via email or post, and connect you to help in your local area.

Alzheimer's Society offers a Lasting power of attorney digital assistance service to help people with dementia create LPAs online. If you don't have access to the internet, we can help you to create an LPA through a series of telephone appointments. Please note that we do not provide legal advice. Call us on **0333 150 3456**.



Face-to-face services

Our trained staff and volunteers can connect and signpost you to practical advice, support and information in your local area. This includes face-to-face services when these are available. They can make things easier and help you continue doing things that are important to you.

We also oversee support groups that meet in person and sometimes via video or phone. These include Singing for the Brain®, peer support for people with dementia, and information and support groups for carers.

To find out what support is available in your area, call us on **0333 150 3456** or go to **[alzheimers.org.uk/dementiadirectory](https://www.alzheimers.org.uk/dementiadirectory)**

Get involved

Alzheimer's Society has a range of different ways to find out more about our activities, get involved and influence our work. This includes opportunities to help other people affected by dementia using your experiences.

Read our magazine

Keep in touch by reading Dementia together in print or online. You can also listen to the CD version or podcast. Our magazine comes out every two months. Find out more about its real-life stories and ideas and how to subscribe at alzheimers.org.uk/magazine

Share your thoughts and ideas

You can take part in regular chats and other opportunities to share your experiences and interests with our Dementia Voice programme. Go to alzheimers.org.uk/dementiavoice to find out more about how you can help shape our work to make a better world for people with dementia.

Volunteer

You, your friends and family can get involved in a variety of activities such as supporting services in your local area, campaigning and fundraising. Email volunteers@alzheimers.org.uk, call **0300 222 5706** or go to alzheimers.org.uk/volunteer to find out more.

Our information is based on evidence and need, and is regularly updated using quality-controlled processes. It is reviewed by experts in health and social care and people affected by dementia.

This booklet does not replace the recording processes of any homecare agencies or clinical professionals relating to care plans. Any entries made by health and social care professionals should adhere to confidentiality guidelines and any expected local standards of recording.

To give feedback on this publication, please email **publications@alzheimers.org.uk**

This booklet can be downloaded from our website at **alzheimers.org.uk/myappointments**

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Next review due: October 2024

Registered charity no. 296645. A company limited by guarantee and registered in England no. 2115499. Alzheimer's Society operates in England, Wales and Northern Ireland.

Alzheimer's Society is the UK's leading dementia charity. We provide information and support, improve care, fund research, and create lasting change for people affected by dementia.

If you have any concerns about Alzheimer's disease or any other form of dementia, visit **alzheimers.org.uk** or call our **Dementia Connect support line** on **0333 150 3456**.

(Interpreters are available in any language. Calls may be recorded or monitored for training and evaluation purposes.)



People affected by dementia need our support more than ever. With your help we can continue to provide the vital services, information and advice they need. To make a single or monthly donation, please call us on **0330 333 0804** or go to **alzheimers.org.uk/donate**



Alzheimer's Society
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0330 333 0804
enquiries@alzheimers.org.uk
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Code 923

