

How to talk to your doctor about **Aged Care**

Files to take to your appointment:

1 Comprehensive medical history:

Collect a thorough record of your health history. This should include details of any chronic illnesses, ongoing conditions, allergies, and surgeries. Ensure your list of current medications is complete, noting any over-the-counter supplements, as well as dosages, frequencies, and prescribing doctor details. It's also useful to include any recent diagnostic test results, such as blood tests, imaging reports, or specialist consultations, as these provide a fuller picture of your health.

2 Identification documents:

Bring multiple forms of identification. Your NHS card is essential, but it's also helpful to have a photo ID, such as your passport or driving license. Make copies of these documents in case they are needed for any part of your application process. If you have a health care power of attorney or advance directive, include these documents to ensure that your healthcare preferences are known.

3 Assessment of care needs:

Take time before your appointment to evaluate the daily activities you may need help with, such as personal care (bathing, dressing), meal preparation, medication management, and mobility assistance. Write down specific tasks that are difficult for you, and note any recent changes in your ability to manage them independently. This information will help your doctor understand your needs in detail, which is crucial for accessing the right services

4 Financial information:

For means-tested services, you will need to bring documentation of your income, assets, and benefits. Gather copies of your pension statements, bank statements, utility bills, and any other financial documents that demonstrate your financial situation. If you're unsure which documents are required, contact your local authority or care provider in advance.

5 Emergency and support contact details:

Prepare a list of emergency contacts, including family members, carers, and next of kin, along with their relationship to you and their best contact numbers. If someone else is involved in your care planning, such as a social worker or legal representative, include their contact details as well. This will allow your doctor to reach out to these individuals if further information is needed or if there's a need to coordinate your care.