



10 Questions

to Ask Your Parent's Primary Care Doctor

“What is the goal of their care plan?”

A care plan is the roadmap a member uses to ensure optimal quality of life with the help of their primary care provider. It includes daily life factors, existing health conditions, and the member's goals. Ultimately, it is designed to help a patient thrive both physically and mentally as they age.

“When should we set up a long-term care plan?”

A long-term care plan is a collaborative process between you, your loved one, and their primary care provider. Together, you can decide when additional care is needed, where it will happen, and how it will be paid for.

“Are there certain foods my parent should not eat? Or foods they should eat more of?”

Diet is a key part of managing chronic health conditions. Ask your provider about specific diet plans based on your loved one's specific health conditions.



“Are there any side effects to my parents' medications?”

Most medications have side effects, ranging from slight symptoms to more serious concerns. It's important to be aware of them and discuss them with your parent's provider. Always take medications as prescribed.

“What local resources are available for additional help?”

The title of “caregiver” comes with many responsibilities. Your care team can connect you with a social worker and other community resources to find solutions for transportation, utility bill assistance, and more.

“Are there any lifestyle changes that could help them manage their conditions, or prevent future illness?”

Yes! The simplest way to manage many conditions is through lifestyle changes. Think: diet, sleep, exercise, and stress management. Be sure that everyone is on the same page when it comes to changes to daily routines.

“What vaccinations does my loved one need this year?”

Vaccines provide peace of mind and added protection from illness. We recommend older patients receive an RSV, COVID, and Flu shot. We also encourage shingles and pneumonia shots too!



“What changes in health should I watch for?”

Look for confusion, lack of balance, changes in eating patterns, and sleep difficulties first. If any of these occur, talk to your loved one's care team about specific signs and changes to their care plan.

“Who should we call if there are problems?”

Work with your provider to develop a plan about who you should call in a particular situation. Having these conversations in advance will ensure your loved one gets the care they need and help avoid costly bills!

“How can my parent's memory and brain stay healthy?”

Monitoring brain health is important. Start with a dementia screening, then ask your loved ones about daily habits that can help maintain and improve memory.