

Let's Talk ...

As you physicians, we care about your well-being. During your visit, you can use this handout as a guide to discuss your health concerns and needs. Please take a moment to answer these questions:

Have you fallen and had trouble with balance or walking in the past 12 months?

Yes _____ No _____

Ask about exercise and physical therapy programs, or using a cane or walker, to help prevent falls.

How much of a problem, if any, is bladder control for you?

Small problem _____ Big problem _____ Not a problem _____

There may be effective ways to treat urinary incontinence, including exercises, medication and surgery.

How often does your physical health interfere with your daily activities?

Almost never _____ Occasionally _____ Frequently _____

Small increases in your physical activity, such as taking stairs, can improve your physical health.

How would you best describe your emotional health?

Calm and peaceful _____ Energetic _____ Downhearted or blue _____

Try connecting with family and friends or giving to others when you want to boost your mood.

Signature of the patient/guardian/legal representative

Date Signed

Printed Name

Relationship to patient