

HIGHGATE

SENIOR LIVING



Health Information Trackers

Regular doctor appointments and medical checkups are extremely important for older adults, many of whom are managing multiple chronic illnesses and the medications and treatments that accompany them. To ensure the doctor provides the best care for your loved one — and to [make the most of the limited time you and your parent might have at an appointment](#)¹ — it helps to come to every appointment prepared with your loved one's current health information. We've created a library of Health Information Trackers intended to help you keep track of important information that will ensure your loved one gets the medical care they need.

Getting Started

Doctor's appointments can be stressful or seem rushed, and it's normal for aging parents as well as adult children to experience some amount of anxiety or fear before or during an appointment — especially if changes in your loved one's health have occurred. Having a solid support system is key to addressing the changing needs of an aging parent or family member, and if you are reading this, chances are that you play a key role in this support.

One of the best ways to ensure your loved one receives the care and attention they need during an appointment is to [build a better partnership with your parent's health care providers](#)² by helping them understand the unique needs your loved one has, as well as what their current lifestyle is like.

The Health Information Trackers make it easier to keep track of blood pressure, blood sugar levels, and any changes either of you have noticed in appetite, weight, sleep, or energy level. They are also useful places to make note of anything that has happened that would be valuable for the doctor to know since the last visit.

¹ <https://blog.highgateseniorliving.com/5-tips-for-communicating-with-your-parents-doctor>

² <https://blog.highgateseniorliving.com/3-steps-for-a-successful-doctors-visit-with-your-aging-loved-one>

Using the Health Information Trackers

The Health Information Trackers can ensure your loved one's doctor is aware of any health concern, ensuring you [get answers to any questions you may have](#)³.

Use the Sleep Tracker to find out more about what affects your loved one's sleep patterns, print off the Blood Sugar Tracker to help you monitor your parent's blood sugar levels, or fill out the Symptom Tracker so you're prepared to answer the doctor's questions about your loved one's condition, symptoms, or effects any recent medication changes may have had on their overall health.

Of course, not every tracker within the resources we've supplied you will apply to your loved one or be relevant at every appointment. Think about each of the possible topics and whether it would be helpful for your doctor to review the health information related to them.

Make a copy of the blank trackers so you will always have a clean copy to use, and try to bring a completed and updated copy to every doctor's appointment.

Making Sure Your Affairs Are in Order

- ☐ Talk to your parent about tracking their health information and [accompanying them to some or all of their doctors' appointments](#)⁴.
- ☐ Ensure your loved one has a [living will](#)⁵ and a [medical POA](#)⁶.
- ☐ Complete the [Legal & Financial Document Locator](#)⁷.

3 <https://info.highgateseniorliving.com/questions-you-should-ask-your-parents-doctor-lp>

4 <https://blog.highgateseniorliving.com/3-steps-for-a-successful-doctors-visit-with-your-aging-loved-one>

5 <https://blog.highgateseniorliving.com/two-must-have-powers-of-attorney-for-seniors>

6 <https://blog.highgateseniorliving.com/two-must-have-powers-of-attorney-for-seniors>

7 <https://info.highgateseniorliving.com/legal-and-financial-document-locator-checklist-download>

- ☐ Fill out the [Emergency Medical Information Worksheet](https://info.highgateseniorliving.com/emergency-medical-information-worksheet-download)⁸.
- ☐ Complete the Health Information Trackers on a daily and/or weekly basis.
- ☐ Discuss what you want to accomplish during your loved one's next doctor's appointment.
- ☐ Write down questions to ask the doctor, as well as any new information that needs to be shared, including physical or cognitive changes since the last visit.
- ☐ Bring the Health Information Trackers and any other relevant health records and test results, medications, and insurance information to each doctor's appointment.
- ☐ Check after each doctor visit to see if there's anything new to add.

As your parent's caregiver, it's important that you're able to understand, obtain and track, communicate, and process basic health information. By keeping track of your loved one's basic health information as well as any health and life changes in between appointments, you can make a huge difference in their health and well-being.

⁸ <https://info.highgateseniorliving.com/emergency-medical-information-worksheet-download>

Changes in Health Tracker

Your parent's doctor will want to know about any changes in their life since their last appointment. The Changes in Health Tracker can help them share information about how they feel physically, emotionally, and mentally. Encourage your parent to be open and honest with their doctor. It will help the doctor to understand your loved one's medical conditions fully and recommend the best treatment choices.

Full legal name _____ Date of Birth _____

Health		
Topic	Date	Comments
Bone or joint pain or stiffness		
Bowel problems		
Chest pain		
Feeling dizzy or lightheaded		
Headaches		
Hearing changes		
Losing urine or feeling wet		
Recent hospitalizations or emergencies		
Shortness of breath		
Skin changes		
Vision changes		

Diet, Medication, and Lifestyle		
Topic	Date	Comments
Alcohol use		
Appetite changes		
Diet/nutrition		
Medicines		
Tobacco use		
Weight changes		

Thoughts and Feelings		
Topic	Date	Comments
Feeling lonely or isolated		
Feeling sad, down, or blue		
Intimacy or sexual activity		
Problems with memory or thinking		
Problems with sleep or changes in sleep patterns		

Symptom Tracker

You can help your parent's doctor diagnose and treat their condition by being prepared to answer questions about their symptoms. Because some symptoms are difficult to describe, it is helpful to write down information about the symptoms as your loved one experiences them during their daily activities.

Full Legal Name _____ **Date of Birth** _____

Week of _____

Day	1	2	3	4	5	6	7
Time of day the symptom starts							
Time of day symptoms are the worst							
Does the symptom come and go during the day?							
Is the symptom affected by activity?							
Is the symptom affected by rest?							
Is the symptom affected by stress?							

Day	1	2	3	4	5	6	7
Is the symptom affected by changes in eating?							
Is the symptom affected by prescriptions or OTC medicines?							
What other symptoms do you have?							
How did you feel today, on a scale of 1 to 5 with 5 being great?							

Notes:

Weight Tracker

A [change in weight can indicate trouble](#)⁹, such as [loss of appetite](#)¹⁰ from medication, lack of motivation to cook or clean, or trouble getting to the grocery store or remembering how to cook. Use this Weight Tracker to help track your loved one’s weight over time. If your loved one is losing weight without trying and you’re concerned about it, consult their doctor.

Full Legal Name _____ Date of Birth _____
Target Weight _____

Date	Weight	Comments

9 <https://blog.highgateseniorliving.com/10-signs-it-might-be-time-to-consider-assisted-living-for-a-parent>
10 <https://blog.highgateseniorliving.com/nutrition-and-seniors-why-your-moms-appetite-may-have-changed>

Physical Activity Tracker

Exercise and physical activity can help older adults [stay healthy and independent for longer](#)¹¹. Use the Physical Activity Tracker to monitor how much activity your loved one is getting. Include not only long walks or workouts but also anytime they do something extra, such as taking the stairs or parking at the far end of the lot at the store. Print a new tracker each week to chart progress. The time spent each day and the intensity should increase gradually over time. Blood Pressure Tracker

Full Legal Name _____ Date of Birth _____

Week of _____

Day	Activity (walk, bike, play, other)	Time (minutes)	Intensity (easy, medium, hard)
Sunday			
Monday			
Tuesday			
Wednesday			

¹¹ <https://blog.highgateseniorliving.com/when-is-the-right-time-to-opt-for-assisted-living-services>

Blood Pressure Tracker

Blood pressure typically increases with age, but [high blood pressure](https://www.nia.nih.gov/health/high-blood-pressure)¹², also known as hypertension, can increase the risk of heart attacks, heart failure, and strokes. High blood pressure is now generally defined as 130 or higher for the first number or 80 or higher for the second number. If your loved one has hypertension or is at risk of hypertension, use this Blood Pressure Tracker to help track their daily heart rate as well as systolic and diastolic numbers.

Full Legal Name _____ **Date of Birth** _____

Target blood pressure _____

Date	Time	Systolic (upper number)	Diastolic (lower number)	Heart Rate	Comments

¹² <https://www.nia.nih.gov/health/high-blood-pressure>

Date	Time	Systolic (upper number)	Diastolic (lower number)	Heart Rate	Comments

Notes:

Blood Sugar Tracker

If your loved one has [diabetes](#)¹³, talk with their health care provider about how often they need to test their blood sugar levels. Use this Blood Sugar Tracker to record their blood sugar levels, time of day, and the injection site. If they are managing their diabetes without taking insulin, they might not need to check their glucose as often.

Full Legal Name _____ **Date of Birth** _____
Target blood sugar range _____ **to** _____ **Week of** _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time (breakfast)							
Blood Sugar							
Site							
Time (lunch)							
Blood Sugar							
Site							

¹³ <https://blog.highgateseniorliving.com/dehydration-depression-and-diabetes-3-highgate-assisted-living-facilities-fit-tips>

Sleep Tracker

Many older adults get much less sleep than they need, and an ongoing lack of sleep or poor-quality sleep increases the risk of health problems. Use this Sleep Tracker to see what gets in the way of a good night's sleep and to help the doctor know more about what affects your loved one's sleep.

Full Legal Name _____ **Date of Birth** _____

Week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What time did you go to bed last night?							
How long did it take to fall asleep?							
What time did you get up?							
Did you wake up during your sleep time? How many times? For how long? Did you get out of bed?							
How much total sleep did you get?							
How tired do you feel, on a scale of 1 to 5 with 5 being very tired?							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
How unusual or stressful was your day yesterday, on a scale of 1 to 5 with 5 being very unusual or stressful?							
What did you do during the 30 minutes before bed?							
Did you take any naps yesterday? How long? When?							
Did you drink alcohol yesterday? How much?							
Did you drink any caffeine yesterday? How much? When							
Did you do any physical activity yesterday? What? When?							
Did you take any medicines yesterday? What? When?							

[illegible]