

My health journal



My name and contact number:

Important phone numbers

Doctor: _____

Next of kin: _____

Neighbour: _____

Other: _____

Emergency contact

Ambulance, fire, police: 000

After hours GP helpline: 1800 022 222
(speak to a doctor for free)

State Emergency Services (SES) – 132 500

Lifeline: 13 11 14

How to use this journal

Using this journal can help you:

- ★ keep notes on how you are feeling
- ★ record questions you have for your doctor about your health
- ★ help you get the most out of your appointment.

At the top of each page you can write the date of your appointment and the type of appointment. For example, doctor, nurse, or physiotherapist. You can also use this space to write important notes.

You can do this:

Before your appointment - write down questions you might have, or how you feel when you have a symptom.

During your appointment - include instructions from your doctor.

After your appointment - write down other important comments from your appointment you can remember.

At the back of this journal you will find a space to keep a list of your regular medicines and your doctor's instructions for taking these. You will also have a pocket to keep notes from your health care providers, such as exercise and diet tips.

Dementia resources

- Dementia Australia National Helpline: 1800 100 500
- Dementia Advisory and Support Service: 1800 692 273
- Alzheimer's QLD 24/7 dementia helpline: 1800 639 331
- Dementia Outreach Service (DEMOS, Business Hours) 3488 4241
- Dementia Behaviour Management Advisory Service: 1800 699 699
- Carers Gateway: 1800 422 737
- My Aged Care: 1800 200 422
- Alzheimers QLD carer support groups: 3422 3000
- Aged and Disability Advocacy Australia: 1800 818 338
- Carers QLD: 07 3900 8100
- Elder Abuse Prevention Unit: 07 3867 2525 or 1300 651 192
- Advanced Care Planning Advisory Service: 1300 208 582
- National Palliative Care Service Directory: 07 3842 3242

Local resources

- The Redlands Memory Café (Third Wednesday of every month @ The Donald Simpson Centre 10-11am email: admin@rcdcommunity.org)
- Memory Lane Café Underwood (Third Thursday of every month 10am-12pm. Contact 1800 588 699 to register and for location information)

- Centacare Community Café's, alternating locations monthly (contact Harleen Kaur – 3324 3700)
 - Beaudesert – Whispers Café
 - Boonah – Sandie Lee's Kitchen
 - Mt Tamborine – The Manor
 - Kooralybyn – Copprthead Café
- Chatty Café, Third Wednesday of the month 10-11:30am
 - Logan Central – Coolabah Care
(07) 3299 3708
 - Loganlea – How We Roll Café
(07) 3133 4185
 - Beenleigh – Luv a Coffee
(07) 3807 4477
 - Marsden – Social Sphere Café
(07) 3133 0554
 - Browns Plains – The Coffee Club Grand Plaza
(07) 3094 9501
- Dementia awareness advocacy team - Capalaba
(contact Dubhglas Taylor – 0414 920 897)
- Redlands Coast Dementia Community – Cleveland
(contact Dubhglas Taylor – 0414 920 897)
- Scenic Rim Dementia Alliance
(contact Kellie Scofie – 0402 658 455)
- Western Brisbane Dementia Alliance (contact Juanita Hughes – wbdementiafriendlyalliance@gmail.com)
- Brisbane South East Dementia Alliance (contact John Quinn or Glenys Petrie – wynnummanlydfc@gmail.com)
- Logan Dementia Alliance
(contact Paula Jakavicius – 0438 571 985)

Before your appointment

Important things to think about when you are booking an appointment:

- ★ Did you book an appointment that is long enough?

If you are unsure about booking your appointment, you can ask to speak to the nurse and they can tell you how long you might need for your appointment.

- ★ It is important to seek healthcare when you have symptoms.



Before your appointment

BEFORE your appointment:

- ★ Find out where the service is located and how to access it. Make sure you plan enough time to get there.
- ★ Ask a friend or family member to help you if you are not sure.
- ★ Write down when you started to feel unwell, and if there is anything that led to you feeling unwell.
- ★ Keep a record of your symptoms to tell your doctors about.
- ★ Write down the medications you are taking and if you have any side effects (do they make you feel unwell?).
- ★ Share how you have been feeling with a friend or family member.

People are more likely to seek help about their health if they know what their options are and have the support of their family and friends.

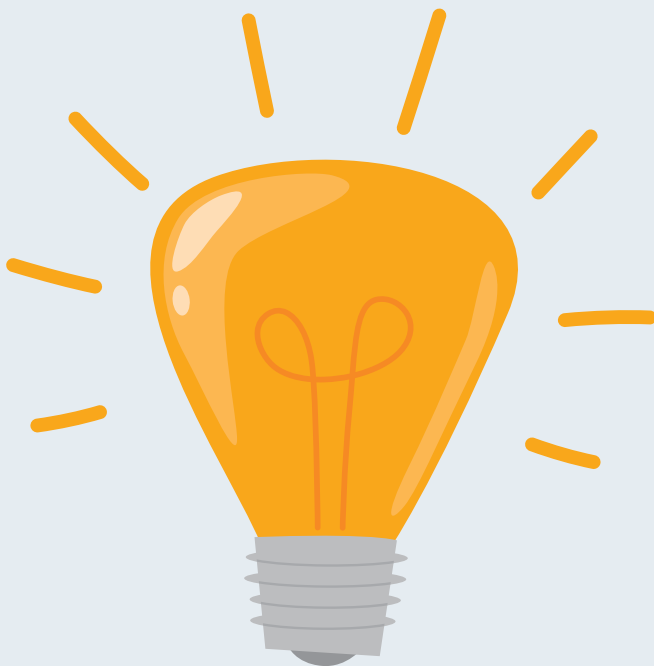
- ★ Write down a list of questions to ask your doctor.



During your appointment

Let your doctor know how you are feeling about your health. You should feel comfortable with the decisions you make with your doctor and feel like they are supporting and respecting how you feel.

It is important that you understand what you need to do after your doctors appointment.



During your appointment

DURING your appointment remember:

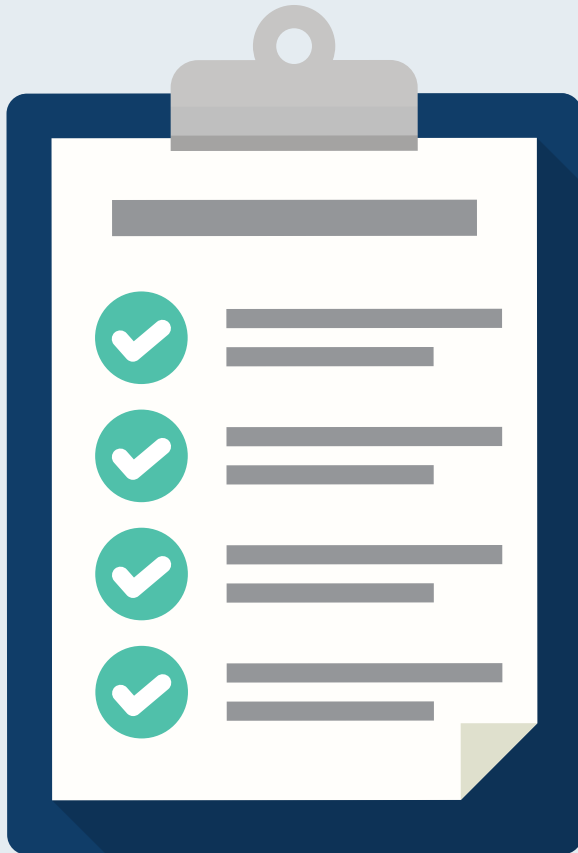
- ★ You can take a friend or family member with you for support.
- ★ Bring this journal with your list of symptoms, medications and questions to share with your doctor.
- ★ Ask the doctor to explain any information or instructions that you don't understand – write them in this journal as they are talking to you. Your doctor can also write these out for you.
- ★ Ask your doctor to write or print out instructions for you to take home. Share with your family who can help you keep track of the doctor instructions.



After your appointment

It is important to follow directions from your doctor about follow up appointments, and from your pharmacist about your medications.

By following their instructions you can look after your health better.



After your appointment

AFTER your appointment remember:

- ★ Book any follow-up appointments with your doctor or other health professionals your doctor recommended that you see.
- ★ Keep the instructions from your doctor in a safe place (add them to the pocket at the end of this journal).
- ★ Keep track of your symptoms (symptoms are warning signs of how you are feeling) – including how and when they occur.
- ★ If you have any questions about your health you can call the clinic, let them know how you feel and ask some more questions.
- ★ If you are not happy with the care you get from your doctor, you can see a different doctor.

Appointment date: _____

Health professional: _____

During your appointment

Make sure you take some notes of the doctor's advice to help you remember. Ask your doctor to write notes for you if you need.

After your appointment

How did the appointment make you feel?



Do you need to make another appointment?

Do you have more questions about your appointment?



This information is accurate as of 30/11/2022.

While the Australian Government has contributed funding for this material, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use or, or reliance on, the information provided herein.

