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Who accompanies you to the doctor and interprets what they say?



He's One of the Lucky Ones

This summer, I visited the ER once and I accompanied my husband three times. After each visit, we followed up with our primary care doctor. At this point in my life, with my 40 years of experience in healthcare collaborating with seniors and their families, I don't feel I need anyone to advocate for me... just yet. I have learned which questions to ask over time because of my collaborative experience

with the medical field, some of it is intuitive. Likewise, when I go to physical therapy, I know which exercises to do and which ones to avoid.

When I accompany my husband, Ralph, to the doctor, the experience is different. Without wanting to stereotype, perhaps it's a "guy thing," but Ralph often doesn't know the right questions to ask. He tends to place too much trust in his doctor or other practitioners regarding their advice about his health. During our last visit, he asked the doctor, "Do all your patients have someone like my wife who asks this many questions?" I stayed quiet just long enough for the doctor to respond, and she said, "No, you're lucky!"

When serious medical issues occur and you realize you need to see a doctor, it may be time to consider an advocate. This could be a family member, a close friend or a professional service such as Geriatric Care Managers. One of their roles is to care for clients whose families live far away and are unable to attend doctor's appointments and other important matters in person. I know firsthand how they work.

As a senior myself, and through my experiences with my husband and clients who call me about personal training because of poor [balance](#), weakened lower body strength, [chronic conditions](#) such as cardiac health or neurological conditions such as [Parkinson's disease](#), I've learned the importance of asking questions, even if it's outside the doctor's office. This enables the client and their family members to become effective advocates for their own health. [Read More](#)



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