

# Better together: A care partner's guide to joining an MS appointment

If you're joining a medical appointment with your loved one with MS, you may not know what your role is, or how you can support them. Here, you'll find some tips to help them make the most of their visit. **On the back of this sheet, you'll find questions to help prepare for the appointment.**

## What to do before the appointment

Make a plan to sit down with your loved one and help them organize their thoughts, whether in a log or notebook. Doing so makes you aware of the topics that are most important to them.

You also might want to ask: Are you comfortable with me talking to your healthcare provider? Who is taking the lead on the conversation about your recent symptoms—you or me? This way, everyone goes into the appointment with a defined role.

## What to do during the appointment



### Support

Your presence helps them know you have their back, especially if the conversation with the healthcare provider becomes confusing or concerning. **You can be moral support** when they need encouragement.



### Speak up

Your voice can help ensure your loved one gets the best care for their changing needs. **You can speak up** if they've forgotten something, or if you've observed symptoms they might not have noticed.



### Write

They will most likely be focused on talking to their healthcare provider, so you can be of great help just by **taking note of what they talk about**, so they remember it afterwards.

## What to do after the appointment

Your loved one has probably received a lot of information. You can help them make sense of it by going over your notes together and talking about how it makes them feel. The more you communicate, the better your connection will be, which will be helpful for appointments and evaluating changes in their MS needs in the future.

# Use these questions to help track changes in your loved one's MS, and take notes at their next appointment

## Since their last appointment:

1. Have they recently stopped doing something they love because of their MS?  
If yes, please describe the activity or hobby in detail.

Example: I noticed my partner isn't going on walks as much as she used to.

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2. Are they asking for more help completing everyday tasks than they have in the past?  
If yes, please describe what they are asking for more help with.

Example: Mom needs help folding laundry more than usual.

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## Notes

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