

# Developing Your Healthcare Road Map

*provided by*

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*Nurse Consultant*

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*Use this handy checklist to help you identify areas of need. Place a check beside each item that you answer “yes”. As you review the checklist, you will discover items which might require more information. When you finish, contact Metta Johnson, Nurse Consultant. Please visit her website at [www.mettajohnson.com](http://www.mettajohnson.com) for more information about her services or call her at (404) 402-6027.*

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## Assessing Your Needs

- Do you need assistance in planning for and coordinating the care and services needed by someone for whom you are responsible?
- Do you feel you don't know where to turn?
- Do you have a loved one who lives in a city far from you and you want someone to routinely check on them and keep you informed?
- Would it be helpful to have someone knowledgeable about health care and your personal medical needs to accompany you or a loved one to doctor visits?
- Would you like to have an RN that you could call, who has your interest in mind, who could help you formulate appropriate questions to ask the doctor so you can gain a full understanding of your medical condition and options?
- Would it be helpful to you and your family to have a knowledgeable person who can serve as a facilitator with family members to make healthcare or living arrangement decisions?
- Do you need a RN to oversee the medications for yourself or a loved one, setting up the medications on a scheduled basis (e.g. setting up medications on a weekly basis)?
- Do you want someone to explain and help you understand the differences in Independent Living, Assisted Living and Nursing Home care?
- If you are the primary caregiver and need occasional relief, can you find a reliable home care company to provide caregiver services?
- Do you need help in finding a good Assisted Living Community or Nursing Home for a loved one?

- ❑ Do you have a loved one in an Assisted Living community or Nursing Home who would benefit from having an RN, who is your advocate, visiting on a scheduled basis to assure quality care is provided? Would it give you peace of mind to know that someone knowledgeable is checking on the quality of care?
- ❑ Do you have several doctors and wish someone could coordinate with all of them?
- ❑ If you are on multiple medications, would you like to have them reviewed to identify which ones you could discontinue (with your physician's approval)?
- ❑ If you have a home care agency that provides aide or sitter services, would you like someone to oversee and direct these services?
- ❑ Would you like to find resources for discounted medications?
- ❑ Do you understand the legal documents required to assure you receive the care you want and that your finances are taken care of?
- ❑ Do you want help in planning your healthcare as you grow older?
- ❑ Do you need financial planning assistance, or assistance with completing Advance Directives and Power of Attorney?

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*I can help you by providing these services that you or a loved one may need now or sometime in the foreseeable future. Please contact me at (404) 402-6027 after you have completed this checklist.*

*I look forward to meeting you!*

*Metta Johnson, RN BSN OCN CHPN  
Nurse Consultant and Geriatric Care Manager*