 

**My Conversation Record**

This record is to help you make a note of the appointments and conversations you have with different professionals. This may include the memory clinic, your GP, healthcare workers, social worker and dementia support workers. You can complete it yourself or ask the professional to write a summary of what they have discussed with you in this record.

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| Date | Time |
| Name of professional and job title |
| Contact details |
| Reason for visit |
| What was discussed |
| Agreed actions |

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