

# Introduction to Your Self-Assessment Booklet

*“Ask not what your doctor can do for you,  
ask what you can do for your doctor and yourself”  
(with gratitude to President John F. Kennedy)*

There will never be enough geriatricians - doctors (like me) who are specially trained to treat older people - to care for our rapidly aging population. Likewise, there will likely never be enough internists or family practitioners with similar knowledge to care for older adults the way they should be cared for and the way they deserve to be treated.

What to do about this? Older adults need to **take things into their own hands** by watching out for themselves. And family and friends also need to keep an eye on their older loved ones.

That's where this **Older Adult Self-Assessment Booklet** comes in. I developed it to help you to help yourself. I hope you, your family, and friends look through it and learn from it. Complete the enclosed forms, assessments, and checklists. Most importantly, bring it to your primary doctor on your next visit. You and your doctor will both now have better information to address your **most important** health care needs - the ones that affect your enjoyment of life and your ability to function in the world. And you will feel more secure and confident that you are doing everything you can to make your life everything it can be.

I hope this is just the start of a **grassroots geriatrics** effort that will result in healthier, happier, and more functional older people. Spread the word by talking with others about it and contact me for more booklets for your friends and family to use. Call or E-mail me to let me know what **YOU** think and where we can go from here.

You have **A LOT** to expect at your age! Don't let it slip by.

Sincerely,

Dr. Rob Stall

*For additional copies of this booklet or if you have any comments or suggestions, contact:*

**Robert S. Stall MD / Stall Geriatrics**  
**Mailing address: 68 Stonington Lane #6, Getzville, NY 14068**  
**Phone 716-636-7531 FAX 1-888-387-1238**  
**E-mail: [drstall@stallgeriatrics.com](mailto:drstall@stallgeriatrics.com)**  
**Educational web: [geridoc.net](http://geridoc.net) Business web: [stallgeriatrics.com](http://stallgeriatrics.com)**

**Copyright 2005-2006 Robert S. Stall MD / Stall Geriatrics**  
***What Should You Expect At Your Age? A Lot!™***

**A Grassroots Geriatrics™ Publication**

SAB-Introduction061008.doc