

My Designated Observer

Why a Designated Observer?

Sometimes it's helpful to have another person tell us if we seem different than we usually do, especially if we're trying a new medication, stopping a medication, or making changes to our medication.

My Choice

The person listed below is my Designated Observer. He/She will help me evaluate the changes I am making to my medications.

My Designated Observer is:

I'm choosing this person because:

ob·serv·er (/əb'zərvər/)

Noun: A person who watches or notices something.

Synonyms: watcher, spectator or spotter.

About the changes

The change I'm making is: _____

The change started on: _____

My Reason for making the change is:

As a result of the change I hope that:



Observers can help me see:

- How I'm interacting with others.
- How I am fulfilling my responsibilities
- If my attitude or personality or seems different.
- If my symptoms are changing.
- If there are changes in my sense of humor or mood.

INSTRUCTION: This worksheet should be filled out by the person selecting a Designated Observer.



Dear Designated Observer, in the table below, please indicate if it seems to you like I'm taking my medication, if I'm doing a wellness activity, and if I seem to be using drugs or alcohol. Also, please rate my symptoms and describe any side-effects you think you observe. I've drawn a line through any columns I don't want you to rate. Thanks for helping me learn more about how this medicine works for me.

Date	Seems Like I'm Taking Medication?	Seems Like I'm Doing A Wellness Activity	Seems Like I'm Using Drugs Or Alcohol?	Seems Like My Symptoms Are Changing?	Seems Like I'm Having Side Effects?
	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:
	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:
	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:
	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:
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	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:
	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:	Y / N If yes, describe:
Weekly Summary/overall comments:					