

Suggested questions to ask your doctor

Below is a suggested list of questions – not all of them may need to be asked. You can circle the ones that are important to you.

You may also want to think about having someone with you when you visit the doctor or health worker who can ask the questions or write down the answers.

Medicines:

- Why am I getting (xyz)?
- What will this medicine do for me?
- How long before it works?
- What should I do if I forget to take it?
- What side effects does this medicine have?
- If the medicine has side effects, should I stop taking it or take less?
- If the medicine is stopped suddenly, what happens?
- What other medicines might affect this one?
- How might this medicine affect other medical conditions?
- What changes should I tell you about straight away?
- Can I get the medicine at a subsidised rate?
- How often will I need to see you?
- Can you provide me with written instructions about taking medicines and the possible side effects? Is it ok for me to take notes?

Other questions:

- How and where can I find out more information
 - about my condition?
 - about support groups?
 - about services that can provide help?
- Can you fill out a 'Multi-Purpose Taxi Application' form to help me with the cost of getting to and from my appointments?
- My family or friends say that I am behaving differently. Can you tell me why?
- I feel in a bad mood or angry a lot of the time and I don't know why. Do you know why this might be happening?
- I am having trouble sleeping and I feel tired all the time. What can I do? Can you help?
- I don't want to or don't feel like I can talk to my family or friends. Who else can I talk to?

Questions to ask other health workers

Health worker	Questions you might ask	Name and contact of your health worker
<p>Community nurse Community nurses give help and care at home with medicine and wounds or wound care.</p>	<p>How can you help with my medicines? Can you tell my carer how much help I need to get showered and dressed?</p>	
<p>Occupational therapist (OT) An OT can help you do everyday tasks to make it easier to get around your house. They can help thinking and memory problems. They can help with returning to work/leisure activities.</p>	<p>What type of equipment can you recommend? What can I do to work around my memory problems? Can I go back to work or carry on with driving? How or why not?</p>	
<p>Physiotherapist (PT) A PT can help you get more healthy and strong. They can give advice about what physical activities are best for you.</p>	<p>Is it safe for me to exercise? What exercises can I do? How can I follow an exercise program if I have trouble with my memory? How can my family/friends help?</p>	
<p>Speech pathologist A speech pathologist can help if you have problems with swallowing. They can also help if you have trouble speaking or understanding what is said to you.</p>	<p>How can I take medicines if I have trouble swallowing them? How can my carer help me to swallow my food safely? What is a communication book and how does it work?</p>	
<p>Dietitian A dietician can help if you are having problems eating because you don't feel hungry or have problems with swallowing. They will check what foods or drinks are best to give you what you need.</p>	<p>Why do I have problems with swallowing? Why do I need to change what I eat? I have trouble swallowing normal foods – what else can I eat?</p>	
<p>Social worker A social worker can offer support and information about services in the community. They can help work out what government benefits you might be able to claim.</p>	<p>Can my family member get a carer's allowance? Can you help me complete an enduring power of attorney (EPOA) and EPOA (medical treatment)?</p>	
<p>Psychologist/Counsellor A psychologist or counsellor can help you cope better with life issues, especially if these are stopping you from doing everyday things or causing health problems.</p>	<p>How can a psychologist/counselling help me? What kinds of problems can I talk about? Is what we talk about kept confidential (private)?</p>	