

## Health and Care Professional Checklist: Key Questions to Ask

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### Before the visit:

- Prepare a short summary of current health status and questions you might have.
- Bring an up-to-date list of all medications (prescription, supplements etc.).

### During the visit - Key Questions:

- What is the diagnosis, and what does it mean in simple terms?  
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- What are the main treatment options? What are the benefits and risks of each?  
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- What medications are needed? What side effects should I watch for?  
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- Are there lifestyle changes (diet, exercise, routines) that can help?  
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- What signs or symptoms should I look out for at home?  
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- When should I schedule the next visit or check-up?  
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- Are there any specialists or services (therapy, home care) you recommend?  
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- Can you provide written information or leaflets about the condition?

### For children or young people:

- Are the treatments adjusted for age/weight? \_\_\_\_\_
- Is there educational support I should be aware of? \_\_\_\_\_
- How do I handle emotional or behavioural changes? \_\_\_\_\_

### For older people:

- Are falls or memory issues a concern? What can I do to prevent them?  
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- Is the medication list safe and appropriate for older age? \_\_\_\_\_

### General follow-up questions:

- Who can I contact if I have questions after the visit? \_\_\_\_\_
- Are there support groups or caregiver resources you recommend? \_\_\_\_\_

Tips: ✓ Write down all the answers. ✓ Ask the health and care professional to explain anything unclear. Don't be afraid to ask if you don't understand!