

# Checklist for appointments

Use the following checklist in discussions with teachers, doctors and other professionals.

It can be hard to remember everything that goes on at home. You might find it helpful to use this form to write down notes to bring with you to appointments.

We've also included a couple of specific questions which it may be useful to ask your doctor.

It's important to remember to keep any documents that are given to you safe as you may need them in the future.

## Checklist

How many 'meltdowns' have there been over the past month and what were the triggers? \_\_\_\_\_

\_\_\_\_\_

Have there been any other behavioural issues? \_\_\_\_\_

\_\_\_\_\_

Have you noticed any pattern to undesired behaviours (e.g. beginning/end of the week, in crowded places, where there's a lot of noise etc)? \_\_\_\_\_

\_\_\_\_\_

Has the sleep diary or new routine helped improve sleep or identified any issues with sleep? \_\_\_\_\_

\_\_\_\_\_

Have there been any issues with medication compliance over the past month? (If relevant) \_\_\_\_\_

\_\_\_\_\_

How are they doing at school or with friends? Any behavioural issues at school and/or any positive comments? \_\_\_\_\_

\_\_\_\_\_

## Questions for your consultant



What support is available for you/your child in your area?



Do you need any repeat prescription for any medication your child may have been prescribed (remember the dose)?

## Finally



Always try to book your next appointment whilst with the doctor or nurse.