

My appointment notes

Bring your priorities, questions and communication needs together.

Use the sections that help. Write, draw or complete this with someone you choose.

01 Appointment details

Date, time, place and who you are seeing. Include only what you want on your copy.

02 What I most want to discuss

Start with the things you want the appointment to address.

03 My questions

For example: What are my options? Can you explain that another way?

A conversation aid. Your health professional provides advice about your individual care.

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04 What helps me communicate and take part

You might want an interpreter, extra processing time, written information or a chosen support person.

05 What I want to bring or arrange

Check the appointment instructions, travel and any access arrangements.

06 Afterwards: what was agreed and my next step

Leave this blank for now if you wish. Record who will do what and when.

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