

My care-review agenda

Choose what is most useful for this appointment. Bring relevant lists or reports separately if available. The page is optional and is not a new intake or referral form.

Date / period: _____

Safety first. Do not wait for an appointment or complete this sheet if urgent help is needed. Call 000 for immediate danger, a seizure, severe confusion, unconsciousness or abnormal breathing. If you may be dependent, seek medical advice before stopping suddenly or making a large reduction. Do not alter prescribed treatment because of this guide. For crisis support call Lifeline on 13 11 14.

1. What matters most today?

Name the concern or question you want help with.

2. What has changed?

Include improvements, difficulties and any safety concern.

3. What care and support are already in place?

Note clinicians, current treatment and useful information to bring.

4. What do I want to ask?

Consider options, uncertainty, risks, costs or information sharing.

5. What is the agreed next step?

Complete together: who will do what, by when, and what will you do if things worsen?

Before leaving: can I explain the next step in my own words, and do I know who to contact?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/preparing-for-a-care-review/>