



# ASKING QUESTIONS IN APPOINTMENTS

**i** **Appointments can feel rushed, overwhelming, or hard to navigate.**

**This resource offers example questions you can use to help understand what's happening, explore options, and clarify next steps.**

**You don't need to ask everything!  
Even one question can help you feel more informed and supported.**

## Understanding What's Going On

**Use these questions to build clarity about your situation or concerns.**

- Can you help me understand what might be contributing to how I'm feeling or what I'm experiencing?
- What feels most important to focus on right now?
- What should I be paying attention to between now and the next appointment?

## Options & Next Steps

**These questions help you understand choices and possible pathways.**

- What options do I have at this point?
- What are the pros and cons of these options?
- What happens if I don't make any changes right now?
- What would usually happen next in situations like this?

## Medication & Treatment

**You can ask about treatment or supports without needing medical knowledge.**

- Could my current medication or treatment be affecting how I feel?
- If we were to review or change this, what would that process look like?
- Are there non-medication or non-medical supports we could explore?
- What other supports might help alongside this?

## Time, Pace & Decision-Making

**These questions support your right to take time and set boundaries.**

- Do I need to decide today, or can I take time to think about this?
- Can we focus on one thing today and plan another appointment?
- What would the next step be if I want to come back to this later?
- What happens if I need more time before deciding?

## Support & Follow-Up

**Use these to clarify what support is available after the appointment.**

- Can I bring a support person or advocate to my next appointment?
- Who can I contact if things change or get worse?
- What's the best way to follow up after today?
- What support is available between appointments?

## Clarifying & Checking Understanding

**These questions help make sure information is clear and accurate.**

- Can you explain that in a different way?
- Can I check that I've understood this correctly?
- Could you summarise what we've agreed on today?
- Is there anything important I might be missing?