

Questions to ask the care team

A prompt card to take into an appointment.

It's easy to freeze and forget what you meant to ask. Tick the questions that matter to you and take this in with you. There are no silly questions — you're advocating for someone you love.

UNDERSTANDING THE SITUATION

- ☐ What is the diagnosis, in plain words?
- ☐ What can we expect in the weeks and months ahead?
- ☐ Is this treatable, or are we now focused on comfort?
- ☐ How will we know if things are changing?

TREATMENT AND OPTIONS

- ☐ What are the options — including doing nothing?
- ☐ What are the benefits and side effects of each?
- ☐ Can comfort care run alongside treatment?
It can. Accepting palliative care is not giving up.
- ☐ Is a palliative care referral available?
Palliative care focuses on comfort and can run alongside treatment. Ask the GP or specialist.

COMFORT AND SYMPTOMS

- ☐ Is the pain as well controlled as it can be?
If it isn't, say so — there's almost always more that can be done.
- ☐ What do we do if symptoms get worse?
- ☐ Who do we call after hours or on weekends?

CARE, AND WHERE

- ☐ Can this care be given at home?
Palliative teams can provide visits, equipment, and after-hours phone support.
- ☐ What equipment or help can we get?
- ☐ Is respite available for the carer?

PRACTICAL AND SUPPORT

- ☐ What does this cost, and what does Medicare cover?
- ☐ What support is there for the whole family?
- ☐ Can you put the plan in writing for us?

BEFORE WE LEAVE

- ☐ What's the single most important thing to do next?
- ☐ Who is our main contact from here?