My appointment preparation sheet

Who it is for: Anyone preparing for themselves or with a child. **Time:** 10-15 minutes.

What this helps with: Keep your main questions, examples and practical needs together for an appointment.

2 **One practical action:** Write your most important question at the top of the sheet and take it with you.

Free to use. No diagnosis, account or screening purchase needed. Skip any prompt.
Keep your copy private and share only what you choose. Nothing is sent to the charity.

My most important question (and others, if useful)

Appointment details

Date / time / place or joining instructions / contact

What helps me take part?

Communication / breaks / a supporter / access needs

Examples, their effect and what already helps

Relevant history, medicines and requested records

Before I leave: agreed next step

What will happen, who will do it, when, and who to contact?

Where to go next: Keep agreed actions in My referral record. Use My concerns and strengths for more examples.

Urgent help
If you cannot keep yourself or someone else safe, call **999** or go to **A&E**.
More support: matthewlockadhdcharity.com/emergency-contacts | NHS source

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Guidance: NHS appointment preparation | NHS outpatients | NHS adults | NHS children