

How to talk to your doctor about **Disability Care**

Files to take to your appointment:

1 Detailed disability assessment report:

Ensure you have copies of all assessments and diagnoses relevant to your disability. These can include physical therapy evaluations, occupational therapy reports, psychological assessments, and functional capacity evaluations. Each report should provide a clear understanding of your limitations and the types of support you require. Additionally, bring any supporting documentation that outlines your specific goals for disability care, such as increasing independence or improving quality of life.

2 Medication and treatment plans:

List all medications you are currently taking, including any supplements, and detail the dosages, frequencies, and prescribing healthcare providers. If you have a treatment plan from a specialist, such as a neurologist or psychiatrist, bring this document as well. You may also include details of any assistive devices or therapies (such as speech therapy, mobility aids, or respiratory therapy) that are part of your daily routine.

3 Functional needs overview:

Before your appointment, make a thorough list of the tasks that require support, such as personal hygiene, meal preparation, household cleaning, communication aids, and mobility assistance. Be specific about which tasks are challenging, how frequently you need help, and what kinds of assistance you prefer. For instance, if you require a personal care assistant for specific periods throughout the day, mention this in your list. You can also include any accommodations that you believe would enhance your independence.

4 NDIS participant information and funding details:

If you are enrolled in the NDIS, bring your participant number and any relevant documentation about your funding arrangements. This should include your most recent NDIS plan, any approved support coordination or plan management services, and details of your funding for core supports, capacity building, or capital supports. If you're new to NDIS, bring your eligibility assessment and any correspondence from the NDIS.

5 Support network and coordination contacts:

Bring a detailed list of the individuals involved in your care network, including family members, friends, support workers, and other carers. It's essential to include their contact information and specify their roles in your care. If you work with a support coordinator, plan manager, or case manager, make sure to have their contact details and any notes on current support arrangements. This information will help your doctor understand the broader context of your care and make appropriate recommendations.