

## Question Prompt List

Below is a list of questions based on common concerns that carers of people with advanced disease have. Use them as a starting point for a conversation when talking to the doctor or another health care professional who is involved with the care of the person you are caring for.

### Questions about the person you are caring for

1. What are the symptoms I am likely to see in the person I am caring for? Can you tell me about the physical, emotional, and cognitive symptoms they might have in the future?
2. What is the prognosis? How long do you think the person has left to live?
3. What sort of care will the person require from now until their death?
4. Are there any changes to their treatment or care that I need to be aware of? Is palliative care an option now?
5. How can I best help them have a good quality of life?
6. What kinds of discussions should I have with the person I am caring for? (such as setting up an advance care plan or getting their affairs in order)

### Questions about where to provide care

7. Is home care an option? If not, where is the best place for care to be provided?
8. Will I need any additional equipment for home care? Are there any changes or modifications at home that I will need to consider?
9. Who can help me to provide care at home?
10. If home care does not work out or becomes too hard, what are the other options?

### Questions about who to call

11. Who should I talk to if things are not going well?
12. Who should I call if it is after hours or on the weekend and I need help?
13. Who can I call in an emergency?

### Questions about your own wellbeing

14. How might caring impact on me?
15. Do I need to be available full time to care?
16. How can I set up support for me? What services are available to support me?
17. Am I eligible for carer payments or other financial assistance?

### Additional questions

You might have some other questions that we haven't covered here. For example, you might want to ask about:

- How to manage specific symptoms
- Medications, diet, or other things the person you are caring for needs
- Personal concerns about your relationships, employment, family issues, or finances
- Travel plans or other plans for the future (and whether that will still be a possibility)

