

Questions you may like to ask the doctor or health worker

If you are caring for someone who is very sick, you may have questions about how to look after them. Below are some common issues that families may have when caring for someone who is very sick (with advanced disease).

You can use these questions when talking to the doctor or health worker of the person you are caring for.

Questions related to the person you are caring for

- What symptoms are they likely to have? What do these look like?
- What sort of care will they need?
- Are there any changes to their care that I need to be aware of?
- Is palliative care an option now?
- How can I help them live well?

- Is there anything important that I need to talk about with them?

Questions about where to provide care

- Consider where the person who is sick wants to be cared for and also ask about what places might be a good option for the person to be cared for (including in the hospital, at home, in an aged care facility or somewhere else?)
- What types of equipment will I need to care for them?
- Who can help me with caring?
- What are the options for caring if I can't manage?

Questions about who to call

- Who should I talk to if things are not going well?

Questions you may like to ask the doctor or health worker



- Who should I call if it is after hours or on the weekend and I need help?
- Who can I call in an emergency?

Questions about your own well-being

- How to manage specific symptoms
- Medications, diet, or other things the person you are caring for might need
- Personal concerns about your relationship, job, family issues, or finances
- Travel plans or other plans for the future (and whether that will still be a possibility)
- You can write any extra questions below.

Make sure you take this list to your next appointment. It will help you remember the things you want to ask.