

# Questions to Ask Your GP or Neurologist

## For Carers and Whānau

When you're living with a neurological condition - or supporting someone who is - it's normal to feel unsure about what to ask. This guide gives you helpful questions you can take to your next appointment, whether it's your GP, neurologist, or specialist.

You don't have to ask everything at once. Choose the ones that matter to you.

### Understanding the Condition

- What is my diagnosis, and what does it mean in simple terms?
- What caused this condition?
- How might this affect me now and in the future?

### Treatment and Medications

- What treatments or therapies are available for this condition?
- What are the possible side effects of this medication?
- Will I need this medication long-term?
- Are there other options if this doesn't work for me?

### Physical Function and Daily Life

- What should I be doing at home to support my condition?
- What changes should I expect with my mobility or balance?
- Are there activities I should avoid or be careful with?
- Is there a plan for managing my condition over time?

### Mental and Emotional Health

- How can I manage stress, anxiety, or low mood related to my condition?
- Is counselling available for me or my family?
- Are there local support groups for people with this condition?

### Home, Safety, and Support

- What equipment or home changes might help me?
- Can I access funding for aids or home support?
- Who can I talk to about caring for me at home?

### Specialist Support and Referrals

- Do I need to see a neurologist or another specialist?
- Are rehabilitation services like Neuro Connection Foundation?
- Are there any community services or networks you recommend?

### For Non-English Speakers and Culturally Diverse Families

- Can I have an interpreter at my next appointment?
- Can I have written information in my language?
- In our culture, we involve the whole whānau. Can they be included in the conversation?

### Before You Leave the Appointment

- Can you explain that again in simpler words?
- Can I have a written summary of today's visit?
- What should I do if I notice new symptoms or get worse?
- When is my next appointment?

You deserve to feel heard, respected, and informed. Take your time, ask what's important to you, and bring a support person if you can.