

List of Questions

A curated list of thoughtful questions to guide you in managing and providing support during caregiving. While not every question may apply to every situation, exploring different possibilities can help streamline decision-making and ease overthinking during unexpected events.

Symptoms

- What are the potential causes of these symptoms?
- How serious are these symptoms?
- What are the most effective ways to manage these symptoms?

Diagnosis and treatment

- What condition(s) does my loved one have?
- How is the condition diagnosed?
- Are there any causes of this condition?
- What treatment options are available?
- Which treatment is the most effective?
- What is likely to happen with and without treatment?
- Are there common complications associated with this condition?

Tests

- What tests are still needed?
- What will they show?
- Are these tests necessary, and will they cause any pain?
- Is there any preparation required before or after the tests?
- When can we expect the test results?
- What do the test results indicate?

Follow-up care and treatment

- What is the treatment plan, and what options are available?
- What risks are associated with the treatment?
- What is the average recovery time?
- Is a follow-up visit necessary? If so, when should we schedule it?
- Do you recommend consulting other providers such as specialists, nutritionists, or physical therapists?
- Should we consider psychological or social care services?
- Who else can we reach out to during the course of treatment?

- Are there support groups or other professionals you could recommend to help us through this journey?

Medications

- What is/are the name(s) of the medication(s) you are prescribing?
- What are its benefits?
- What are the potential risks and side effects of taking this medication?
- How can I manage or alleviate these side effects safely at home?
- When should I contact a professional for assistance regarding side effects?
- Are there any other therapy options that may help cope with side effects?
- How often and for how long should my loved one take this medication?
- Are there any safety precautions I should be aware of when taking this medication?
- What foods, other medications, and activities should be avoided while taking this medication?
- If we consider alternative medication, would that be alright?
- Could this medication interact with any other medications?

Finances

- What are the estimated costs for the recommended treatments or medications?
- Are there lower-cost treatment options that are as effective as the primary recommendations?
- Does the hospital or clinic offer financial assistance, subsidies, or payment plans for patients?
- Are there any non-profit organisations, foundations, or community programs that provide financial assistance for similar treatments or conditions?
- Should I explore these options to help cover part of the treatment costs, and how do I apply for this support?
- What costs might arise in the future as the condition progresses?
- What should we budget for potential emergency visits or hospitalizations related to this condition?
- Will it be necessary to explore treatment options outside the city, and what would be the estimated costs involved, including medical expenses and associated travel, lodging, and other logistics?

Insurance

- Does the treatment or medication you're recommending typically get covered by insurance?
- Are there specific procedures, tests, or medications that may require special or pre-approval from insurance?

- Is there any additional paperwork or information I should gather ahead of time to avoid delays in processing insurance claims?
- Are there any exclusions or limitations for the care-recipient's condition or needed treatments under the insurance scheme we have enrolled for?
- How can I check my insurance claim status?

Lifestyle

- Can they engage in physical activities, such as exercise or sexual activities?
- How often should my loved one exercise, and what types of exercises are safe for them?
- Can they continue to work while receiving this treatment?
- Will they need to change their diet during this time?
- What should they avoid during this period?
- Do you recommend any additional vitamins or supplements?
- Are the current living arrangements suitable for their condition(s)? Should I make any modifications to my home?
- Are there any assistive devices or options I should consider?
- Is it safe for them to travel?
- If applicable: Will this treatment affect their fertility?
- If applicable: Can my loved one consume alcohol?
- Do you have any written instructions that we can take home?

Please feel free to contact a counsellor via our Helpline if you or your care-recipient need emotional support at any point. Our Helpline number is **8686 139139**. It is open all days of the week from 9am to 8pm. You can also Email us at counselling@mantalks.org

Disclaimer: This document is intended for information purposes only and should not be considered a substitute for professional medical, legal, or financial support. The questions listed are meant to serve as a general guide and may not apply to every individual situation. The Helpline and Email support provided are for emotional support; they do not replace medical or emergency services.