



SUPPORTING BRIGHTER
TOMORROWS

Preparation Checklist

A SIMPLE GUIDE ON WHAT TO BRING TO
YOUR INITIAL SESSION FOR A SMOOTH
EXPERIENCE.



Essential Information

HELP US GET TO KNOW YOU

- ☐ Completed client intake form
- ☐ Medicare card (if applicable)
- ☐ NDIS plan (if applicable)
- ☐ Relevant reports or assessments (e.g. school, paediatrician, psychologist)
- ☐ Any letters or referrals (e.g. GP, specialist)



About You / Your Child

USEFUL THINGS TO SHARE

- ☐ A list of current goals or areas of concern
- ☐ Information about current supports (e.g. daycare, school, therapists)
- ☐ Daily routines (e.g. sleep, mealtimes, school, after school)
- ☐ Any strategies that already work well
- ☐ Information about triggers or difficulties we should be aware of
- ☐ For children: comfort items (e.g. favourite toy, dummy, drink bottle)



Practical Items

FOR THE SESSION

- ☐ Drinks and a small snack (if needed)
- ☐ Comfort items (e.g. toy, book, fidget)
- ☐ Change of clothes (especially for young children)
- ☐ Sun-safe clothing and hat (if home or outdoor visit)
- ☐ Any equipment you would like us to look at (e.g. wheelchair, aids, devices)



Health & Medical

KEEPING EVERYONE SAFE

- ☐ A list of current medications
- ☐ Information about allergies
- ☐ Relevant medical history or diagnoses
- ☐ Management plans (e.g. asthma, seizures, anaphylaxis)
- ☐ Any recent changes in health



Communication

HELP US SUPPORT YOU BEST

- ☐ Preferred communication method (e.g. email, phone, SMS)
- ☐ Interpreter required (if needed)
- ☐ Any cultural considerations
- ☐ If applicable, legal guardian or decision-maker information



Other Things to Consider

- ☐ Wear comfortable clothing
- ☐ Allow extra time for travel and parking
- ☐ Please let us know if you are running late
- ☐ If the session is at your home, ensure a safe and clear space is available
- ☐ Feel free to bring a support person (e.g. parent, carer, partner)

*We look forward
to meeting you! ♥*



QUESTIONS?

Please contact us at malfourie@rlalliedhealth.com
We're here to help.