

Your needs and concerns checklist

This checklist can help you identify your needs and concerns. It's based on the kind of checklist that's often used as part of a holistic needs assessment (HNA). See page 56 of the pack for information about HNAs.

Tick the boxes next to the concerns you want to discuss with your specialist team.

Physical concerns

- Symptoms are not well controlled
- Constipation or diarrhoea
- Indigestion
- Nausea or vomiting
- Hair loss
- Mouth and dental problems
- Mobility
- Weight changes
- Appetite changes
- Taste changes
- Pain
- Fatigue
- Personal appearance and body image
- Menopausal symptoms
- Skin and nail problems
- Cough or breathlessness
- Concentration and memory
- Lymphoedema
- Other medical conditions

Practical concerns

- My caring responsibilities
- Household duties
- Housing

- Transport and parking
- Bathing and dressing
- Changes to my independence
- Planning for my future
- Wigs
- Protheses

Emotional concerns

- Sad or depressed
- Worry, fear and anxiety
- Anger, frustration or guilt
- Hopelessness
- Feeling different from other people
- Feelings about the future
- Explaining my feelings to others

Information concerns

- Amount of information I prefer
- How I prefer to receive information (spoken or written)
- Information about my illness, treatment or care
- Accessing clinical trials
- Accessing other support
- Getting copies of letters about me

- Involvement in decisions about treatment
- End-of-life care

Employment concerns

- Continuing to work
- Support from employers
- Adjustments to work, workload or environment
- Stopping work

Financial concerns

- Benefits
- Pension
- Insurance or critical illness cover
- Mortgage
- Debt
- Inheritance

Language and cultural concerns

- Preferred language for written and spoken information
- Aids to communication
- How my cultural background affects my care

Social concerns

- Travel and travel insurance
- Arranging special days out
- Not being able to go places
- Hobbies and interests
- Feeling lonely or isolated

Family and relationships

- Children
- Partner
- Other relationships
- Sex and intimacy
- Role in the family
- Effect of your illness on others
- Needing more help

Health and wellbeing

- Diet
- Exercise
- Alcohol
- Smoking
- Sleeping problems

Spiritual

- Access to religious/spiritual leader
- Change to faith or belief
- Loss of meaning/purpose
- Requirements to practise faith
- Restrictions related to faith or culture
- Regrets about the past

End of life

- Making a will
- Lasting power of attorney
- Guardianship of my dependents
- Worries about dying
- Legal and personal affairs
- Advance decisions