

**Thompson Center for Autism & Neurodevelopmental Disorders**  
**Caregiver Appointment & Meeting Worksheet**  
*(To help you prepare for your child's autism evaluation)*

**1. Your Top Priorities for This Appointment**

What are the most important things you hope to talk about or learn today?

*(Examples: understanding my child's behaviors, learning next steps, sharing school concerns, etc.)*

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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**2. Questions You Want to Ask**

List any questions you'd like to ask the provider or evaluation team.

*(Examples: "What happens after the evaluation?" "How do I talk to my child's teacher about this?")*

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
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**3. Observations or Updates About Your Child**

Please share any recent changes, progress, or concerns you've noticed.

*(Examples: changes in speech, social interactions, sleep, eating, mood, or new skills.)*

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
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**4. Important Background or Updates**

Is there anything new since your last contact with us (school testing, new therapies, family changes, medical updates)?

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- \_\_\_\_\_

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## 5. After the Appointment

Use this space to jot down notes or next steps that come out of today's visit.

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**Tip:** Bring this sheet with you to your child's appointment. It helps our team understand what matters most to you and ensures we address your priorities.