

APPOINTMENT PLANNER

NEXSTEPS - INDEPENDENT LIVING SKILLS

Practical tools for real life

KNOW WHERE. KNOW WHEN. BE READY.

Use this sheet for GP, dentist, social worker, college, job centre, housing or other appointments.

APPOINTMENT

What is it for? _____
Date: _____ Time: _____ Place: _____

GETTING THERE

How will I travel? _____
What time do I need to leave? _____ Journey cost: £ _____

☐ Photo ID / documents	☐ Letters or forms
☐ Medication list if relevant	☐ Questions I want to ask
☐ Phone charged	☐ Travel ticket / fare

Questions I want to ask:

What happened / what do I need to do next?
