

First consult checklist.

What to have ready, what will happen, and what happens next. Nothing on this list is a requirement; a partial picture is better than a delayed one.

To have ready, if you can

- ☐ **Recent reports.** Any assessments, a current or previous behaviour support plan, school or placement reports.
- ☐ **The current NDIS plan,** if there is one, and who manages it. If behaviour support is not funded yet, say so.
- ☐ **Medications,** including anything used PRN for behaviour, and the prescriber.
- ☐ **Who is who.** Family, carers, support team, school, coordinator, other clinicians, and who makes decisions with or for the person.
- ☐ **Three ordinary days,** described. What a good day looks like from morning to night.
- ☐ **Three hard days,** described. What you would have seen and heard, not the label.
- ☐ **What has been tried,** what helped, and what made things worse.
- ☐ **What a good outcome looks like** for the person, in their words where possible.
- ☐ **Consent.** Whether the person or their decision maker has agreed to the referral.
- ☐ **Best days, times, and location** for a first consult: home, school, service, or telehealth.

What happens in the first consult

We listen first. We ask about the person, their strengths, their history, and what a good day looks like. We ask about the behaviour: what it looks like, when and where it happens most, and what helps. We talk about who needs to be involved, what the assessment will involve, and how the team will be part of it. You can ask anything, including what will be written down and who will see it.

What happens after

The intake team is in contact within 48 hours of a referral to discuss it and advise of any current waitlist. After the first consult you get a clear plan for the assessment: who we will talk to, what we will observe, what data we will ask the team to keep, and roughly how long it will take. Interim strategies can be provided where a situation cannot wait.

QUESTIONS BEFORE THEN

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The referral form and more resources are at foundationalminds.com.au/resources.