Tourette Association of America
Awareness. Research. Support.

Parent Appointment Preparation

Focus the visit on function and priorities. A short, clear summary of what is hardest right now is often more useful than trying to document every symptom.

WHAT MATTERS MOST

My top 3 concerns right now:

1._____

2._____

3._____

What changed recently?

_____

_____

_____

FUNCTIONAL IMPACT

Where is this affecting life?

- ☐ Pain/injury
- ☐ Sleep
- ☐ Eating
- ☐ School access
- ☐ Homework
- ☐ Friendships
- ☐ Family routines
- ☐ Mood/distress
- ☐ Movement/activities
- ☐ Other:_____

Biggest functional impact:

_____

_____

_____

WHAT TO BRING

- ☐ Current medications/treatments and what you have noticed
- ☐ Relevant school information or a recent evaluation/plan that was helpful
- ☐ A brief pattern summary if symptoms vary by setting or time
- ☐ Video only if requested or genuinely helpful to clarify a symptom

Other information:

_____

_____

_____

QUESTIONS TO ASK

- ☐ Which symptoms are likely tics, and which may reflect co-occurring conditions?
- ☐ What is causing the most impairment right now?
- ☐ Would CBIT or another treatment be appropriate?
- ☐ What should prompt earlier follow-up?
- ☐ What documentation or recommendations may help at school?

My questions:

_____

_____

_____