

What You Should Bring to Your First Appointment

In order to best help you, please bring any of the following documents (that you feel may be relevant) to the first appointment.

You can also email this paperwork to me at josephfalknerjr@gmail.com.

Please be aware that electronic communication is never 100% secure.

•Documentation

- Report cards
- Work performance reports
- Medical records
- Testing records
- Letters from family and friends discussing what behaviors they have noticed in the client, from childhood forward

A list of medications the client is taking

- Name of medication
- Dose of medication
- When you take the medication
- List of side effects or benefits for each medication

• Family history notes

- Who in the family has had:
 - Attention deficit hyperactivity disorder
 - Depression
 - Anxiety
 - Bipolar disorder
 - Substance abuse or dependence
 - Sleep disorders, like sleep apnea, insomnia, or sleepwalking
 - Seizures
 - Autism spectrum disorder
- Please note if a family member has received treatment for a disorder, what the treatment was, and if it was successful or unsuccessful.