**What to expect from your appointments**

Following service user feedback, it has we are publishing a document to summarise some of the questions that you are likely to be asked during your appointments with us. Some of these questions may feel somewhat personal and intrusive, but we assure you that each is relevant to your care. All questions asked are with the aim to provide the best care for you as an individual.

There is no right or wrong way to transition, and treatment that may be suitable for some, may not be suitable for others.

Please feel free to express to your clinician if you feel uncomfortable with any questions or topics, or ask for clarity regarding why these questions are relevant.

As part of your initial assessment, here are some of the topics that will be covered:

* **Social health**
  + Home life
  + Employment
  + Social support
  + Relationships
  + Sexuality
  + Culture
  + Religion/spirituality
* **Your Transition**
  + Your transitioning journey, including difficulties you may have faced as well as any positive experiences
  + Legal documentation (i.e., Deed poll, passport, GRC)
  + Your future goals/requirements
* **Body image** 
  + Feelings towards your body
  + The areas causing distress
  + Possible feelings of dysphoria/euphoria
  + Areas where you might experience more comfort/satisfaction
* **Physical health** 
  + Your family health history
  + Medication you may be taking
  + Smoking
  + Drug/alcohol use
  + Weight
  + Fertility
* **Mental health** 
  + Mood
  + Therapeutic support you might have received
  + Sleeping/eating patterns
  + Any difficult or traumatic experiences
* **Risk assessment** 
  + Suicidal thoughts/attempts
  + Harm to self or others
  + Abuse
  + Self-neglect
  + Criminal convictions
  + Child safeguarding issues
* **Communication needs / Reasonable adjustments** 
  + Whether you have a diagnosis or features of neurodivergence (e.g., Autism, ADHD, Developmental Coordination Difficulties/Dyspraxia)
  + Whether you have a diagnosis of a Learning Disability
  + Any other learning or communication needs (e.g., Dyslexia)
  + If you need us to make any reasonable adjustments