

## Tip sheet – provider wait lists

Sometimes the provider you would like to work with will tell you they have a waiting list. This means they don't have any time to work with you right now.

If you put your name down on a wait list, this means the provider knows you want to get an appointment with them. You need to ask how they will let you know when they have time to work with you.

There should be no charge to keep your name on a wait list or for the provider to contact you about staying on the wait list. You can check this with the provider.

Before contacting a provider, think about what you want to do if they tell you they can't work with you right now.

- Do you want to wait to get an appointment? How long are you prepared to wait?

---

---

- How will waiting for an appointment impact you?

---

---

- You may be able to use a similar support until you get an appointment with your preferred provider. Are there other supports that will help you pursue your goals?

---

---

---

---

---

If a provider tells you they have a wait list you could ask them the following questions.

- How long before you can get a first appointment?

---

---

- How long will you have to wait between standard appointments? (The provider may not be able to help you as often as you would like)

---

---

- Can you put your name down now?

---

---

- Can you take your name off the wait list later?

---

---

- Can you put your name down and work with other providers while you are waiting?

---

---

- Do you need to check with the provider about staying on the wait list or will they contact you? How often?

---

---

- Will the provider contact you when there is an appointment for you? How much notice will they give you?

---

---

- Therapy assistants work under supervision of a skilled therapist and may be able to help you. Think about asking if the provider has therapy assistants. Can they provide some supports?

---

---

You may have other questions too. You may want to write them down so you don't forget to ask them.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---