

# How to be Part of the Treatment Team: Questions for Parents & Families to Ask



National Eating Disorders Association

Support from parents and family is a crucial part of the treatment process. Below are some questions you can ask the treatment provider to assist you in providing the best support possible for your loved one. Remember you may need to be proactive to help ensure the communication process flows smoothly. And don't forget to find support for you! As a parent, family member, or friend it is easy to overlook the self-care you need while you are focused on your loved one's recovery.

To find a family support group check the Treatment Referrals section of NEDA's website ([www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org)) or ask the treatment provider helping your loved one if they offer or have a recommendation for one.

1. How can I help to support my family member during treatment? What is my role within the treatment?
2. How often will you talk to me about my family member's progress?
3. What if my family member doesn't want to participate in therapy?
4. How will the family be prepared for the patient to return home (if in a treatment center)?
5. What books, websites or other sources of information would you recommend?
6. How much weight gain should be expected in what time period if my loved one has anorexia nervosa? What can I do to support my family member during a time of weight gain?
7. Is it my responsibility to monitor re-feeding and/or weight? What procedures should we follow for weighing?
8. How do family members determine if purge behavior is occurring in the home setting? What action should we take if we notice this behavior?

9. If my family member is being treated as an outpatient, how will the team decide if more intensive intervention is needed?
  
10. How do I assess if the treatment personnel are functioning as a team? Ask how often the team members communicate with each other. Remind and encourage the treatment team members to communicate with one another, which is especially important for those in separate locations such as in outpatient treatment. Even if the team doesn't talk to each other, you can serve as a liaison to relay information.
  
11. If I become anxious about my family member or if problems arise, who should I call?