



**Getting ready
for a talk about
your health**

You could talk to **different professionals** about your health such as:

- GPs
- Nurses
- Health Care Assistants
- Consultants
- Mental Health Professionals.



This **information** will help you **get ready** before you **talk to a health professional**.



What are my choices?



What is good and bad about my choices?



Can I get more support to make my choice?



Going to an appointment

When you go to an appointment you can:

- Ask for **support** from **someone you trust** such as:
 - a family member
 - a carer
 - a friend
 - support worker
 - advocate – someone you can speak up for you.



What are my choices?



What is good and bad about my choices?



Can I get more support to make my choice?



Ask for more time at your appointment.



Ask if you are on the Learning Disability Register.



Ask for information in the format you need.



What are my choices?



What is good and bad about my choices?



Can I get more support to make my choice?



The law says you have the **right to receive information** in the **format that suits you** such as:



- **easy read**



- **large print**



- **audio**



- **British Sign Language**



- **Braille.**



What are my choices?



What is good and bad about my choices?



Can I get more support to make my choice?



Ask for a reminder to be sent out before the appointment.



The reminder could be a:

- **text**
- **email**
- **letter**
- **phone call.**



What are my choices?



What is good and bad about my choices?



Can I get more support to make my choice?



Other things to think about



If your **appointment is online** or on the **telephone** you might want to think about:



- Do you have a **space** or **room** where you can have a **private chat**?



- Have you got a **charger** for your device?



What are my choices?



What is good and bad about my choices?



Can I get more support to make my choice?



Ask for a **reminder** to be sent out before the appointment.



Is there a **plug socket** in the room?



Can someone **support you** either in person or at the video meeting?



Can you see the **documents** you need?



What are my choices?



What is good and bad about my choices?



Can I get more support to make my choice?



Things to think about

Is the health professional:



- **speaking at a speed that you understand and follow?**



- **speaking directly to you or the person supporting you?**



- **using words that are easy to understand?**



- **speaking to you at a volume you are comfortable with?**



What are my choices?



What is good and bad about my choices?



Can I get more support to make my choice?



Meeting your needs



Make sure you have **information** in a **format** you understand.



Make sure you have **enough time** to **talk** about your health.



If you would like **support** make sure you **bring someone you trust**.



What are my choices?



What is good and bad about my choices?



Can I get more support to make my choice?



Bring your **own list of questions** if this will **help you**.



You could **write** the questions down or **make a voice recording**.



What are my **choices**?



What is **good** and **bad** about my **choices**?



Can I get **more support** to make my **choice**?



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