

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.





## Going to an appointment

When you go to an appointment you can:



- Ask for support from someone you trust such as:
  - o a family member
  - o a carer
  - o a friend
  - o support worker
  - advocate someone you canspeak up for you.









**Ask** for **more time** at your appointment.



**Ask** if you are on the **Learning Disability Register**.



**Ask** for **information** in the **format** you need.







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



easy read

large print



British Sign Language

• Braille.







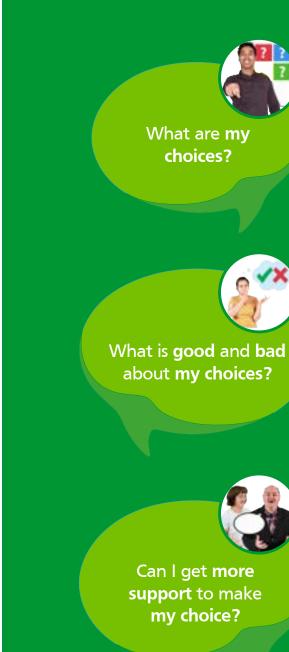


Ask for a reminder to be sent out before the appointment.



The **reminder** could be a:

- text
- email
- letter
- phone call.





## 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?





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?





## 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?









## **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**.





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



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



