



# About me

at health appointments

This form tells health workers how they can make health appointments better.

Your name:



What do you want the health worker  
person to know about you?



Things you like:

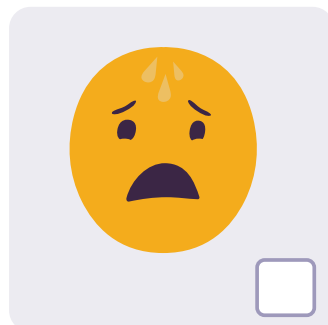


# How do you feel about going to see a doctor or health worker?

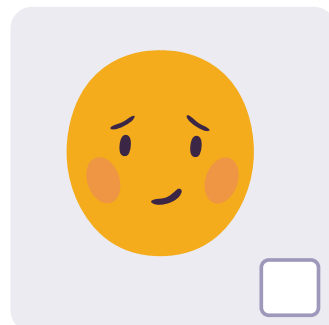
Tick the box next to the face that shows your feelings.



Neutral



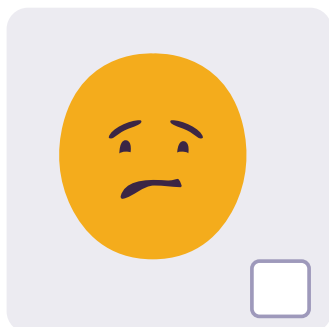
Scared



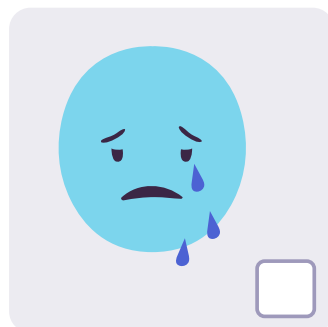
Embarrassed



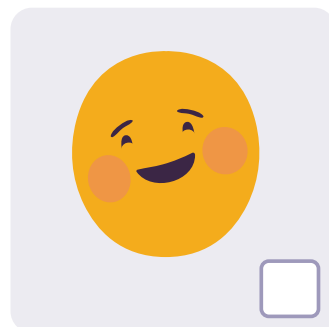
Angry



Nervous



Sad



Happy

**Tick the box next to things the doctor or health worker can do to make you feel better.**

Tell me your name  
and your job.

☐

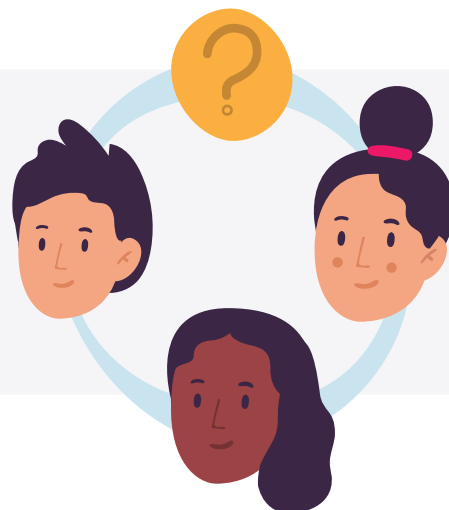
Get to know a bit  
about me first.

☐

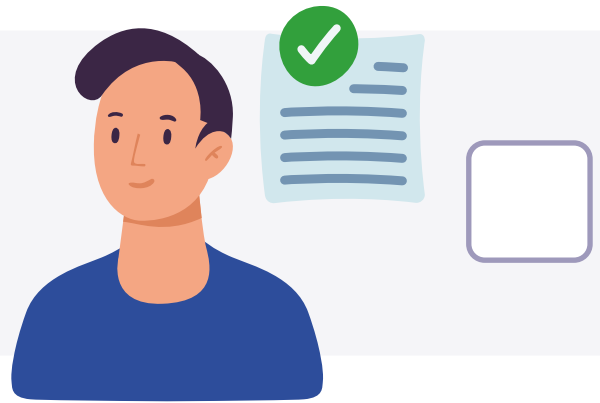
Talk slowly and clearly.  
Don't use big words.

☐

Ask about the things I like.

☐

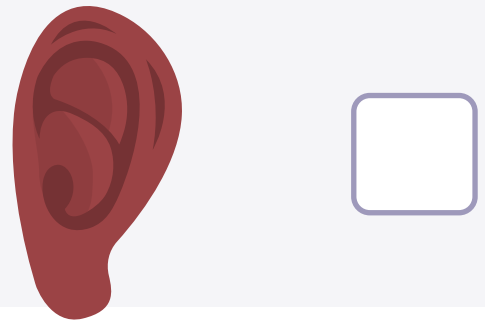
Tell me what you are going to do, before you do it.



Work out a signal I can give to stop you at any time (maybe I can put my hand in the air to tell you to stop).



Listen to what I say.



Ask if I understand.



Ask first, if you  
need to touch me.

☐

Explain what you are doing.

☐

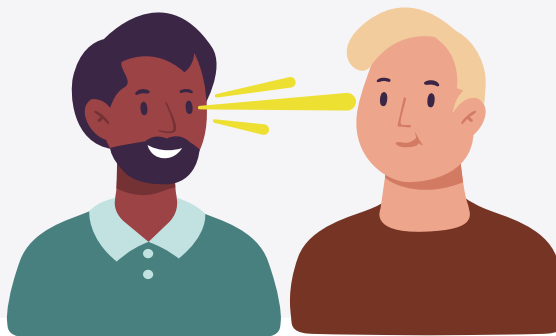
Ask me if I am okay.

☐

Use my name.

☐

Look at me.



Speak nicely and calmly.



Suggest that deep breaths can help.



Let me have a support person here if I need one.



Tell me when I need to come back.

☐

Write down things that I need to remember.

☐

Let me bring headphones and music.

☐

Remind me to breathe.

☐

Let me bring a friend with me.

☐

[illegible]