



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:

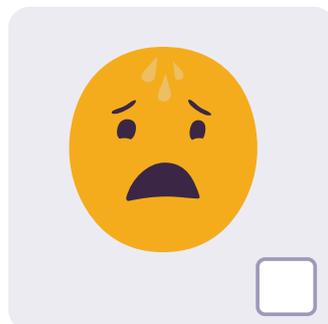


How do you feel about going to see a doctor or health worker?

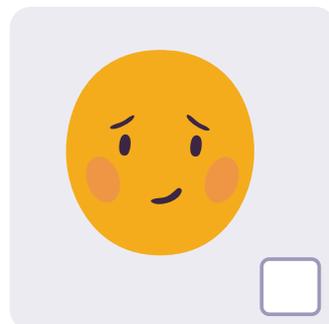
Tick the box next to the face that shows your feelings.



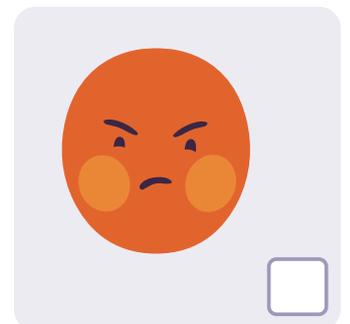
Neutral



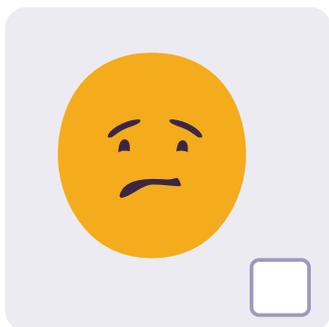
Scared



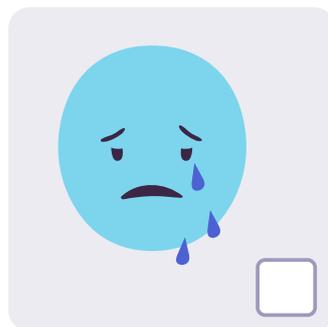
Embarrassed



Angry



Nervous



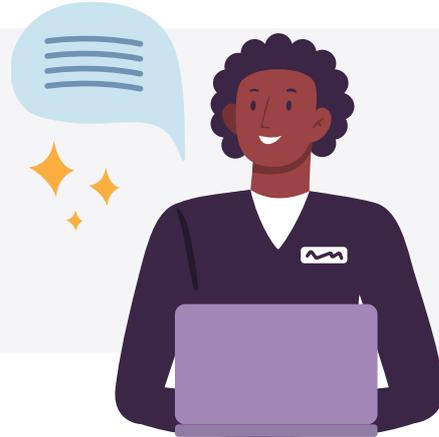
Sad



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.



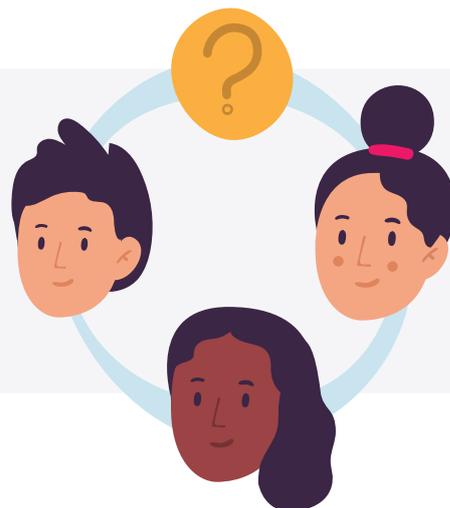
Get to know a bit about me first.



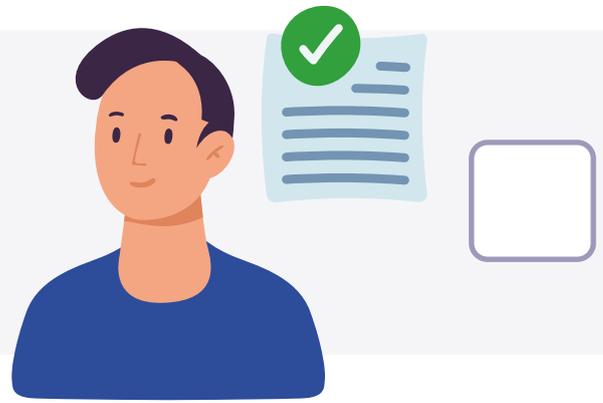
Talk slowly and clearly.
Don't use big words.



Ask about the things I like.



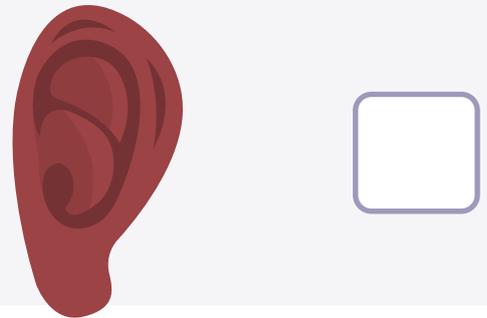
Tell me what you are going to do, before you do it.



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.



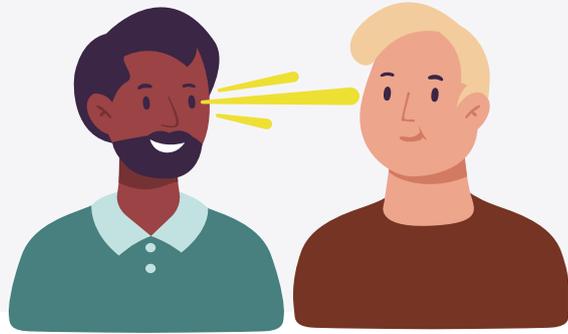
Ask me if I am okay.



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.



