

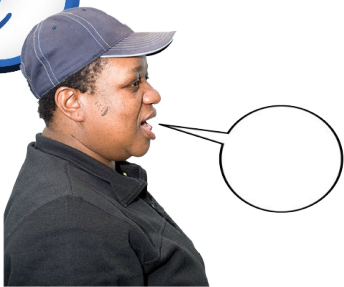


**Getting ready  
for a talk about  
your health**

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?



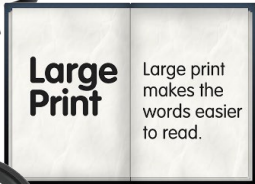
Can I get more support to make my choice?



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



- **easy read**



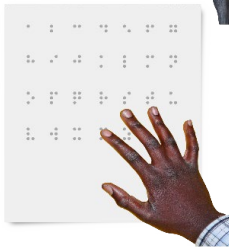
- **large print**



- **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?



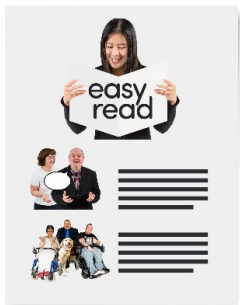
Ask for a **reminder** to be sent out before the appointment.



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?



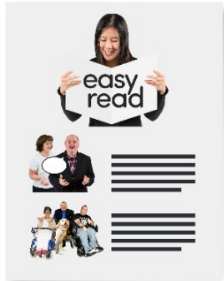
What is good and bad about my choices?



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?



Co-designed with people with a learning disability and autistic people in collaboration with IC Works and funded by Health Education England, 2022.

