

## Getting Information To Make Informed Decisions

### People: Doctors, Nurses, Social Workers, Physiotherapists, Family



These individuals have spent years learning about your health condition and the best treatments. Ask them.

### Library / Resource Centre



These are places that keep up to date information. The information may be in the shape of books, videos, articles, newsletters or newspaper articles. Asking for assistance and going through a library/resource centre database can open up the world to you.

### The World Wide Web (www) / Internet

The www./internet is a fast growing source of information. You can access the internet at most public libraries and sometimes at school or home. Start with web pages suggested by health care providers, teachers or family. Always check out the information you collect!



**Double check  
all your information  
with a professional.  
Just because it is in  
print, does not mean  
it is true for you!**