

## Getting Ready For A Health Care Appointment

**EXERCISE:** Remember, this is **YOUR** health care visit. Others on your health care team will have a lot they want to get done but your questions and concerns are just as important. As you get older your issues will be the focus of the visit. **Start by planning ahead and taking responsibility for what you will need for the appointment.**

Complete the appointment checklist:

- (✓)
- medical insurance card
- hospital identification card
- insurance information
- question list
- your Plan-It or personal health care records
- pencil / pen to write down answers
- Smart phone



**Quiet on the set! Rehearsal time . . .**

Try Acting!

Think about what's been worrying you. Go over any questions you have written down. Then have a friend or a family member play the role of the physician, nurse or person you are going to see. Set the scene - **you** are face to face with the physician - and then you say :



Rehearse what you are going to say a couple of times.

**REPORT BACK** (Circle the best response):

I talked about MY ideas, questions and concerns	Not at all	A little bit	All the time
I felt confident asking MY questions:	Not at all	A little bit	All the time
I felt listened to and respected:	Not at all	A little bit	All the time
I feel good about my last appointment - that it met MY needs.	Not at all	A little bit	All the time

If you answered "**Not at all**" to any of the questions - think about how you could make it better next time. Talk to others who have medical / health appointments - get their ideas and suggestions.