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:

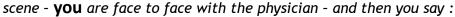




Quiet on the set! Rehearsal time . . .

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





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.



