



# 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?

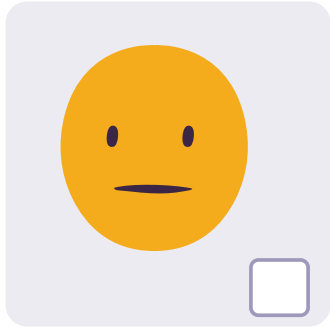


Things you like:

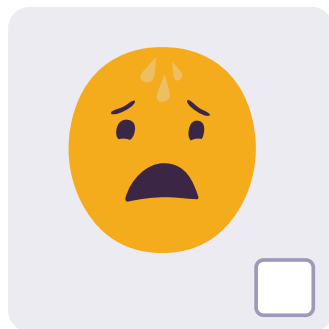
  


# How do you feel about going to see a doctor or health worker?

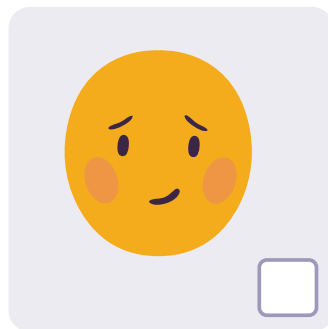
Tick the box next to the face that shows your feelings.



Neutral



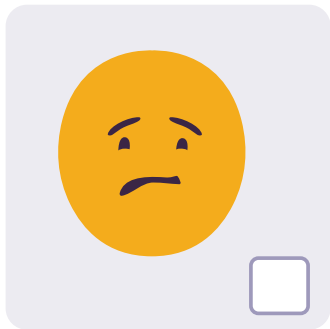
Scared



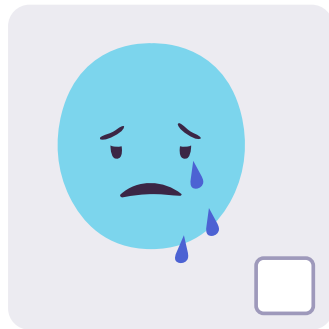
Embarrassed



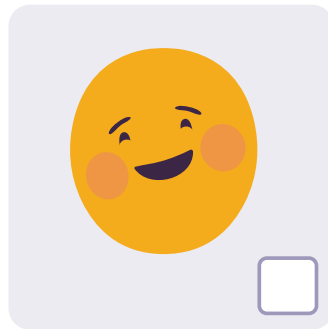
Angry



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.



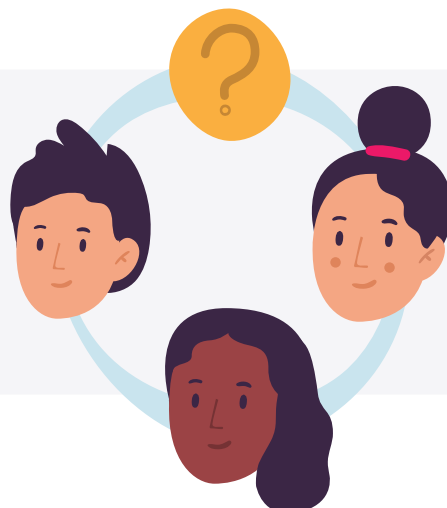
Get to know a bit about me first.



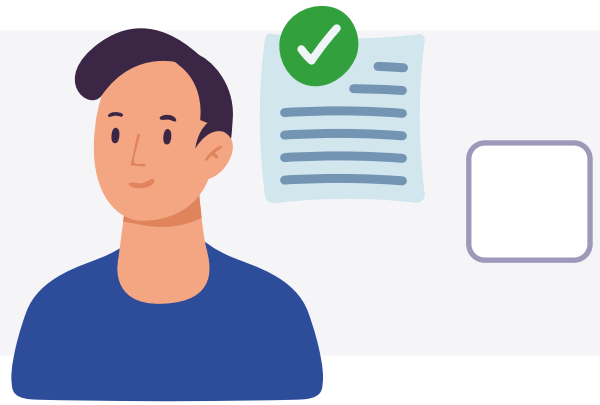
Talk slowly and clearly.  
Don't use big words.



Ask about the things I like.



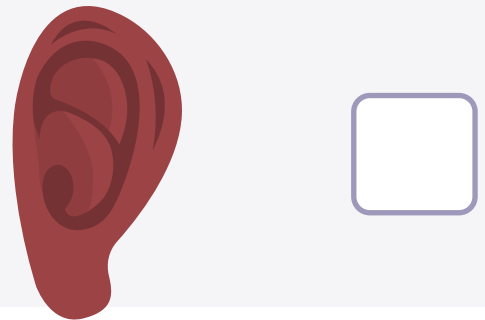
Tell me what you are going to do, before you do it.



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.



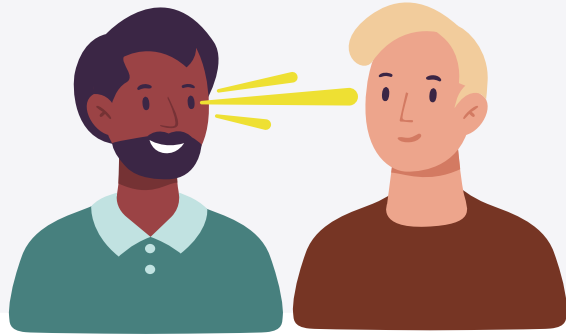
Ask me if I am okay.



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.



