

Communicating with Health Care Staff

Let's face it; sometimes it is hard to talk to doctors and other health care professionals!

So here are a few pointers to help you get the information you need from them.

- ⇒ Know your rights and responsibilities.
- ⇒ Ask questions!
(Remember: There is no such thing as a stupid question)
- ⇒ If you do not understand something ask them to explain it to you again.
(It is their job to make sure you do understand the information)
- ⇒ If you need help ask!
- ⇒ Say what you think – be honest!
- ⇒ Write down what the staff tell you so you will remember when you get home.
- ⇒ Phone if you have questions after your appointment.
- ⇒ Bring someone with you (for support and to help you remember what was said).
- ⇒ Ask your parents to wait outside the room if you want to discuss a 'personal matter' with the staff.
- ⇒ Ask your doctor to tell you everything.