MY GUIDE FOR HEALTH CARE PROFESSIONALS

MY GOALS	What I can do	What my HCPs can do	What my Support Person can do
My HCPs understand that I have a role and voice in my healthcare - it's my body	❏ Make a list of questions ahead of time ❏ Give a list of questions to the nurse when I am just starting my appointment ❏ Write down my symptoms ahead of time ❏ Bring a list of my medicines or pill bottles	❏ Communicate to me that they are here for me ❏ Encourage me to be honest and give me time to answer questions	❏ Ask me before the appointment how I want them to be involved ❏ Let me explain who they are and why they are with me ❏ Help me prepare for the appointment ❏ Help review with me after the appointment
My HCPs adjust to how I communicate and respond in a way I can understand	❏ Find a communication style that works for me that I can use at an appointment ❏ Bring any needed communication tools with me ❏ Help HCPs understand why I am using a communication support and how it works ❏ Request a longer appointment to explain my communication needs	❏ Use pictures to help explain things ❏ Record notes about my communication preferences ❏ Ask if I need more time to process or consider my options ❏ Slow down and explain things using plain language without being patronizing ❏ Let me know that you understood what I am saying or communicating	❏ Assist me with any communication support as needed ❏ Take notes during the appointment
My HCPs focus on me and use my support people as a resource not a stand-in for me	❏ Greet my HCP in the communication style I prefer ❏ Make sure the doctors know who they have permission to talk to ❏ Answer questions in the communication style I prefer ❏ Ask my support person to help answer a question if I want them to do that	❏ Ask me who they have permission to talk to ❏ Find a way to talk to me alone and ask me what I want ❏ Be open with me about when and why support people can and cannot be present	❏ Re-direct questions about how I'm feeling and my experiences to me so I can answer ❏ Ask my permission to give the HCP additional information, then ask if I agree with what they said

PLEASE UNDERSTAND HOW MY DISABILITY COULD AFFECT MY CARE, BUT TREAT ME LIKE ANYONE ELSE.

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