

# Me and my doctor



**In this info guide you will find information about**

- When should I go to my doctor?
- What should I take to the doctor?
- Speaking up with the doctor
- Making choices with the doctor



This means important



This means an idea or tip

# When should I go to my doctor?

## For check-ups

You should go for check ups even if you feel OK.

The doctor will find out if your body is working well.

The doctor might look for problems too.

Sometimes this is called a test.



Sue has a blood test. It hurts a bit, but not for long.

Health checks are for everyone.

Have a health check about every 6 months.

It is best to find any problem as soon as possible.

- ! There is also a Medicare check for people with intellectual disability.  
It is longer than regular health checks.  
It happens once a year.  
Ask your doctor if it is right for you.

# When should I go to my doctor?

## When you are sick

Steve has had a runny nose all week.

He has been OK until today.



## Steve's signs of sickness

- His ear hurts
- He can not eat lunch
- He does not want to work
- He just wants to lie down
- And his breath smells

Steve is not getting better.

He is feeling sicker.

He might have an ear or throat infection.

He should go to his doctor.



What are your signs of sickness?

Who do you talk to about feeling sick?

# When should I go to my doctor?

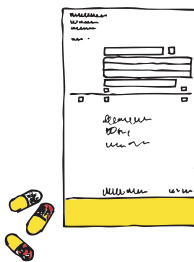
When you need any of these things



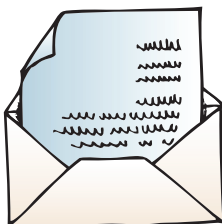
- More information



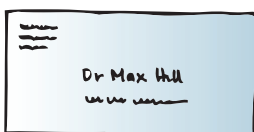
- To ask questions



- To get a new prescription for medication



- To get a doctor's certificate for Centrelink or for work



- To get a referral letter to a specialist doctor

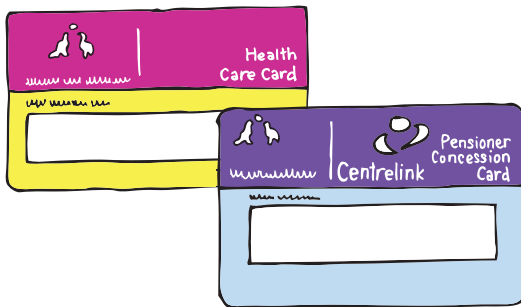
# What should I take to the doctor?



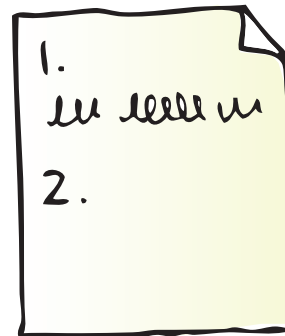
Medicare card



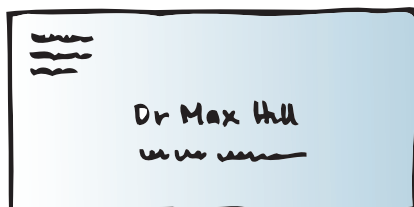
A support person if you want one



Health care card or pension card if you have one



Notes or a list of questions you might have



A letter from another doctor if you have one



Your My Health Matters Folder  
[www.cid.org.au/mhm](http://www.cid.org.au/mhm)

## Speaking up with the doctor

You are in charge of your body.

You and your support person tell the doctor about you.

The doctor works out what might help your health.

You can work together to have a healthier life.

I don't understand.  
Can you show me  
a drawing of it?

What will the  
medicine do to me?



Can you write down  
what I have to do?

I need some time  
to think about that.



Some people feel worried about speaking up.  
This can be because no-one listened in the past.  
Taking a friend with you can help.  
You could practice what to say before you go.

# Making choices with the doctor

You have a say in looking after your health.

You can make your own choices at the doctors.

Some of these choices could be



- Tests. For example, a blood test



- Health plans. For example a plan for getting active and healthy eating



- Medications and treatment



- Referrals, getting more help from a specialist doctor

**!** If you do not know what to choose you can

- Ask for more time
- Ask questions
- Get more information
- Ask for support

# Remember

## I can take control of my health when

- ✓ I get regular check-ups
- ✓ I know my signs of sickness
- ✓ I get new prescriptions before I run out of my medication
- ✓ I ask for more info when I need it
- ✓ I know what to take when I go to the doctor
- ✓ I get help to speak up if I need it
- ✓ I tell the doctor ways to help me understand
- ✓ I have a say and make choices



## Please note

This info guide is not the same as advice from a doctor.

This info guide does not know about

- Your needs
- Your health problems
- Or what is right for you.

Do not just rely on this info guide.

**You should always talk to your doctor about your health.**



## Healthdirect

This is a phone service. Nurses can give you health info.

You can ask lots of questions. If you are not sure about your health, and you can not get to your doctor, try calling

**Healthdirect 1800 022 222.**



## My Health Matters

My Health Matters helps you explain to doctors and other health people what is important to you.

If you would like a copy of the My Health Matters folder call us on **1800 424 065** or email [mhm@cid.org.au](mailto:mhm@cid.org.au)

 [www.cid.org.au/mhm](http://www.cid.org.au/mhm)



View all our easy to read health info guides here:  
[www.cid.org.au/health-guide](http://www.cid.org.au/health-guide)

This info guide was written in July 2009.  
It was updated in 2012 and 2018.



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