

# My Health Appointment Form

This is an Easy Read form for people with intellectual disability and their supporters to prepare before a health appointment.

You can also use this form to take notes with health workers before you leave an appointment.



## My health appointment



You can write about your health appointment on this page.



Date and time of my appointment



Reason for the appointment



Name of my health worker and role



Is there a person going with you?

- Yes
- No
- I do not know

Name of person going with me

# Before my health appointment checklist

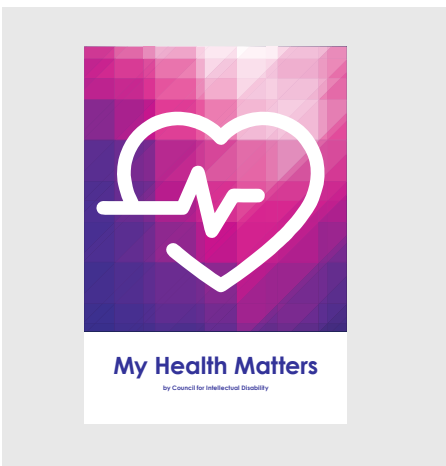


You can tick the boxes that are right for you before your appointment.



Bring your important health information. It might be like

- Medicare card
- Medicines
- New referral
- Pension card



You can keep this form in your My Health Matters folder.

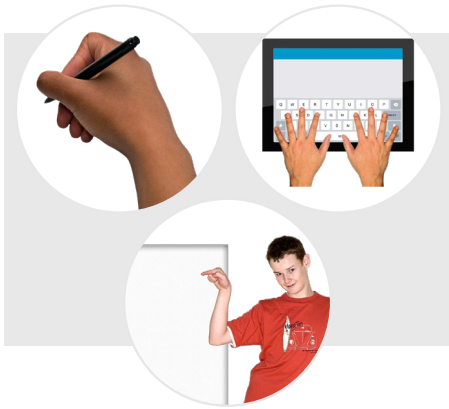
Your folder has other things that support you like

- How I communicate
- My important health information
- How to support me
- What I like
- What I dislike

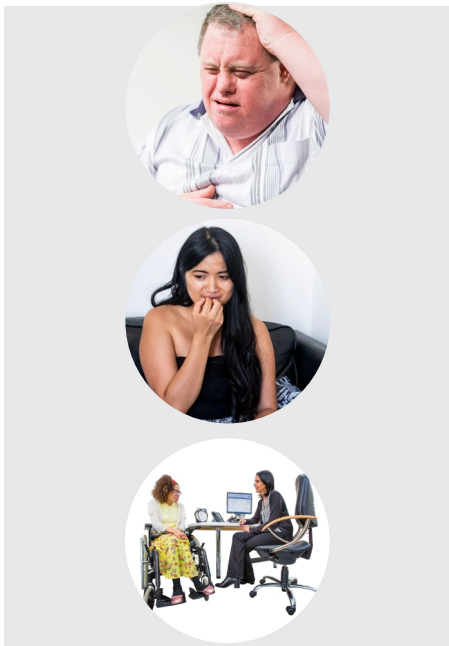
You can get your My Health Matters Folder here

[www.cid.org.au/my-health-matters-folder](http://www.cid.org.au/my-health-matters-folder)

# Before my health appointment



Before your appointment you can write, type or point about things you want to talk about.



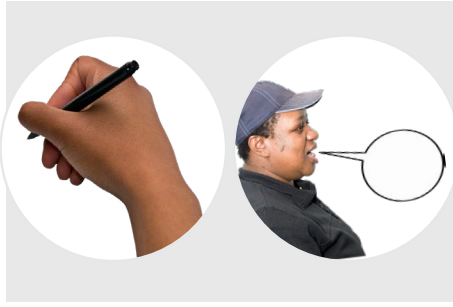
In your appointment you might want to talk about things like

- If you are sick
- Your feelings
- A health check
- Something else.

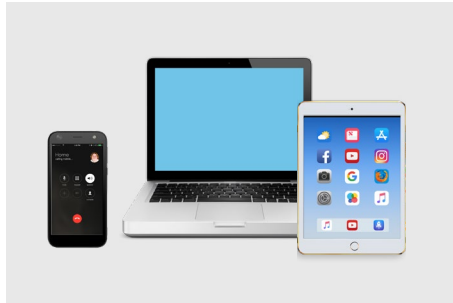


**1. In my appointment I want to talk about**

# Before I leave my health appointment



Before you leave your appointment ask your health worker and supporter if they can write or record the main points from the appointment.



You can ask if they can record the answers on an audio voice message on a phone or **device**.

A **device** is a phone, laptop or iPad.

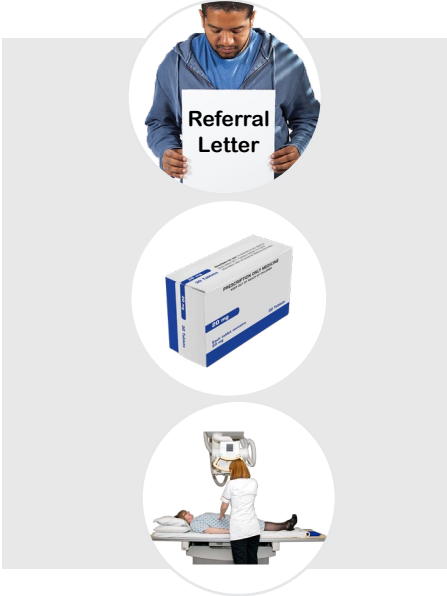


**3. In my appointment we talked about**

# Before I leave my health appointment



Before you leave your appointment ask your health worker if they can write, type or point about what happens next.



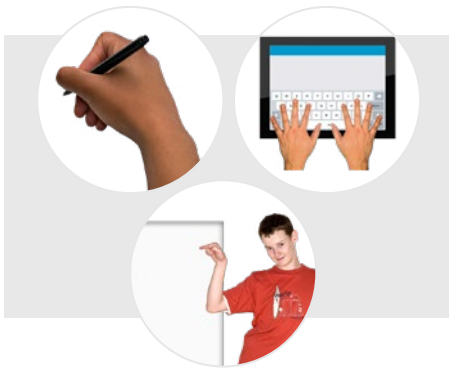
Your health worker might write about a

- Referral
- Medicine
- Test

First I need

Then I need

# Before I leave my health appointment



Before you leave your appointment you can write, type or point at anything else you need to ask.



It might be like:

- What will the medicine do?
- What happens in the test?
- Something else



Do you have anything else to ask to your health worker?



You can download this form to print more copies here [www.cid.org.au/resource/my-health-appointment-form/](http://www.cid.org.au/resource/my-health-appointment-form/)

If you have any questions about this form you can call CID on **1800 424 065**.

We got money from the Australian Government Department of Social Services to make this form.