

Talking with Your Healthcare Professional

- Make a list of questions and bring it with you to the appointment so as to maximize use of time.
- Be clear when you speak with the health care provider. Try not to ramble.
- If you have access to an online service send your questions to the doctor before your visit

Other Issues To Consider

- If you have a lot of things to talk about, or expect that you'll need additional time, try to make a consultation appointment so the provider can allow enough time to meet with you.
- Educate yourself about your loved one's disease or disability.
- Learn the routine at your provider's office so you can make the system work for you, not against you. For example, do they prefer a phone call, emails or prefer you use their web service like MyHealth Online? Ask who should you talk to if your main provider is not available? What is the arrangement for after-hours questions ?
- Recognize that not all questions have answers; sometimes you have to "muddle through."
- Appreciate what the providers are doing to help and say thank you from time to time.