

Get organised

Are you struggling to keep track of your appointments, scans, and other medical tasks?

Try following these tips ...



WRITE IT DOWN

Buy a notebook, create a word document on your computer, or start a note on your phone. Dedicate this to making notes about your health and healthcare, things you have to do, and questions you want to ask.



USE A CALENDAR

Whether you buy a calendar to put on your wall at home or you use the calendar app in your phone start to write all your appointments down. You could even set alerts on your phone to remind yourself a week, a day, or an hour before your appointment.



ASK FOR HELP

You don't have to do this alone. You can ask for help setting up your calendar and note system from a parent/caregiver or trusted healthcare professional.

Also ask your healthcare team if they can call, email, or text you reminders for upcoming appointments.