

Speaking with healthcare professionals

As you get older you may want to start doing things for yourself, for example you may want to look after your own healthcare.

Doctors, nurses, and other healthcare professionals are trained to help you with your health and emotional concerns. But discussing your private, personal concerns with them may be scary.

Here are some tools to help you feel more confident and comfortable to talk to your healthcare team.

NO JUDGEMENT

Your healthcare team are not there to judge or discipline you. They are there to listen, educate and treat you. If you don't feel comfortable with a member of your team, request to speak to someone else or discuss this with your parents/caregivers.



IT'S TOTALLY NORMAL

Your healthcare team has most likely heard, smelt, or seen it before.



SILLY QUESTIONS

No question is a silly question, ask if you don't understand something.



GET PREPARED

Before you meet your healthcare team take 5 minutes to think about what questions you have and write these down on a piece of paper or in your phone. You could also practice asking these questions in your head or with someone you trust.



HONESTY

Try to be open and honest, your healthcare team can't help you if they don't know what is going on for you.

