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| **Ask a question again is we’re not sure of the answer**  | **Check what the side effects are for any medicines** |
| **Keep all our** **information together** **so it is easy to get too** | **Search****online to find****up to date and****reliable information** |
| **Ask our doctor****a question** | **Compare different information and options to make a decision** |
| **Tell a health worker****how we are feeling** | **Tell family or friends what is happening** **and know they’ll be supportive**  |
| **Find good information about a health issue or concern** | **Tell someone what medicines we are taking and what for** |
|  | **Phone up an** **organisation to** **get information** |
| **Negotiate the best time for an appointment** | **Make time to exercise** **(this can be gardening,** **walking the dog)** |
| **Set our own goals for** **our health** | **Ask a friend or family member to come to an appointment** |
| **Tell someone we want a second opinion and find out where to get it** | **Read a food label** |
| **Work out what is the best price per unit for** **a grocery item** | **Keep track of all our appointments** |
| **Organise medicines** **for the week** | **Tell someone** **what medicine we** **are currently taking** **and what for** |
| **Fill out a form on paper, or ask someone to help us** | **Know who to ask****for help with** **practical things** |
| **Spend time relaxing without feeling guilty** | **Come up with a list** **of questions we have** |
| **Find out how much something is going** **to cost** | **Find our way** **around a hospital** |
| **Ask for directions** | **Check we’ve understood what was said** |
| **Find someone to** **talk about how** **we are feeling** | **Share any worries with our healthcare provider** |