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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** |