



Questions to ask healthcare workers

To help you prepare for your appointment with your healthcare worker, you may like to think about any questions you would like to ask them.

Here are some examples of questions you could ask.

General questions to ask

- What will you do to make sure I understand what you are telling me about my health?
- How will you include me in plans about my health?
- How will you support me to make decisions about my health?
- How will you communicate with other healthcare workers about my healthcare needs?

Questions to ask when given instructions

- Can you break these down into small steps?
- Can you use pictures to show me what to do?
- Can you write down what I have to do?
- Can you explain this to my parent/carer?
- Is there a video showing this that I can watch at home?
- How can I ask for help if I don't understand?

Questions to ask when given new medicines

- What does this medicine do?
- How will this medicine help my health?
- How often do I need to take this medicine?
- How much do I need to take?
- How much does this medicine cost?
- How long will I need to take this medicine for?

