

# Me and my doctor



## In this fact sheet look for:

- When should I go to my doctor?
- For check-ups
- When you are sick
- When you need these things
- What should I take to the doctor
- Speaking up with the doctor
- Making choices with the doctor



NSW Council for Intellectual Disability

# When should I go to my doctor?

## For check-ups

You should go for check-ups, even if you feel OK.

The doctor will test if your body is working well.

The doctor might test for problems, too.



Sue has a blood test. It hurts a bit, but not for long.

Health checks are for everyone.

Have a health check about every 6 months.

It's best to find any problem as soon as possible.



There is also a Medicare check for people with intellectual disability.

It's longer than regular health checks.

It happens once a year.

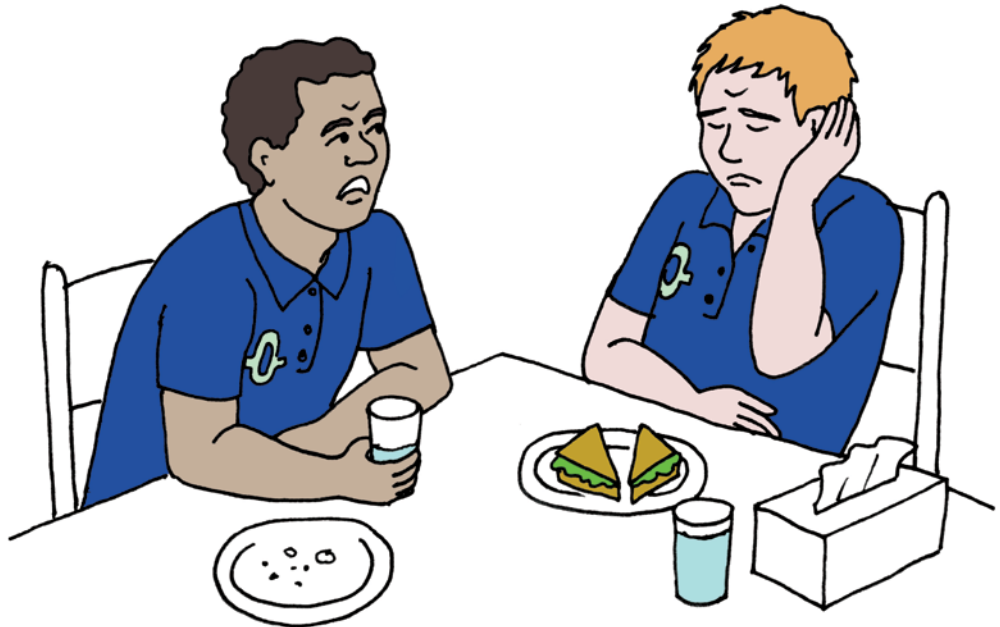
Ask your doctor if it's right for you.

# When should I go to my doctor?

## When you are sick

Steve has had a runny nose all week.

He has been OK..... until today.



### Steve's signs of sickness:

- Now his ear hurts
- He can't eat lunch
- He doesn't want to work
- He just wants to lie down
- And Ben said his breath smells!

Steve is not getting better.

He is feeling sicker.

He might have an ear or throat infection.

He should go to his doctor.



**What are your signs of sickness?**

**Who do you talk to about feeling sick?**



# When should I go to my doctor?

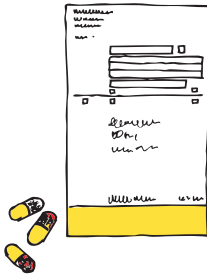
## When you need these things:



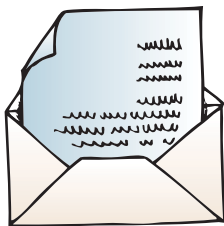
- More information



- To ask questions



- To get a new prescription

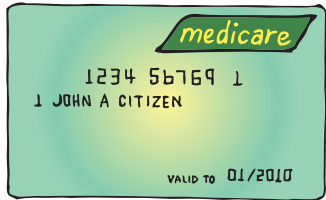


- To get a doctors certificate for Centrelink or for work



- To get a referral letter

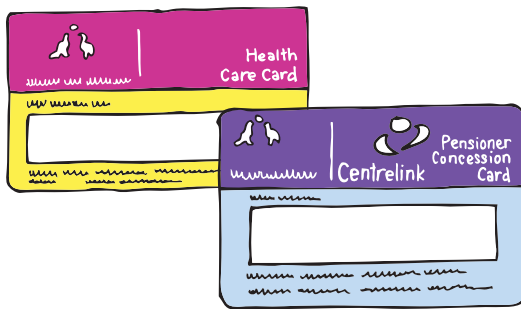
# What should I take to the doctor?



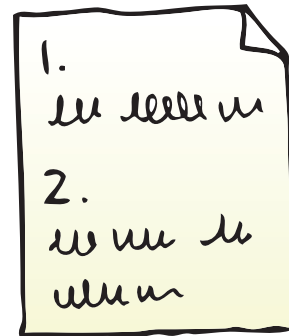
Medicare card



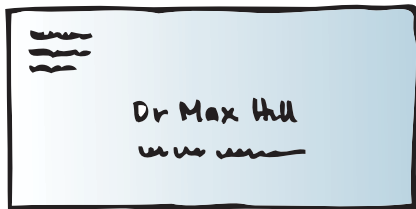
A support person if you want one



Health care card or Pension card if you have one



Notes or a list of questions you might have



A letter from another doctor if you have one

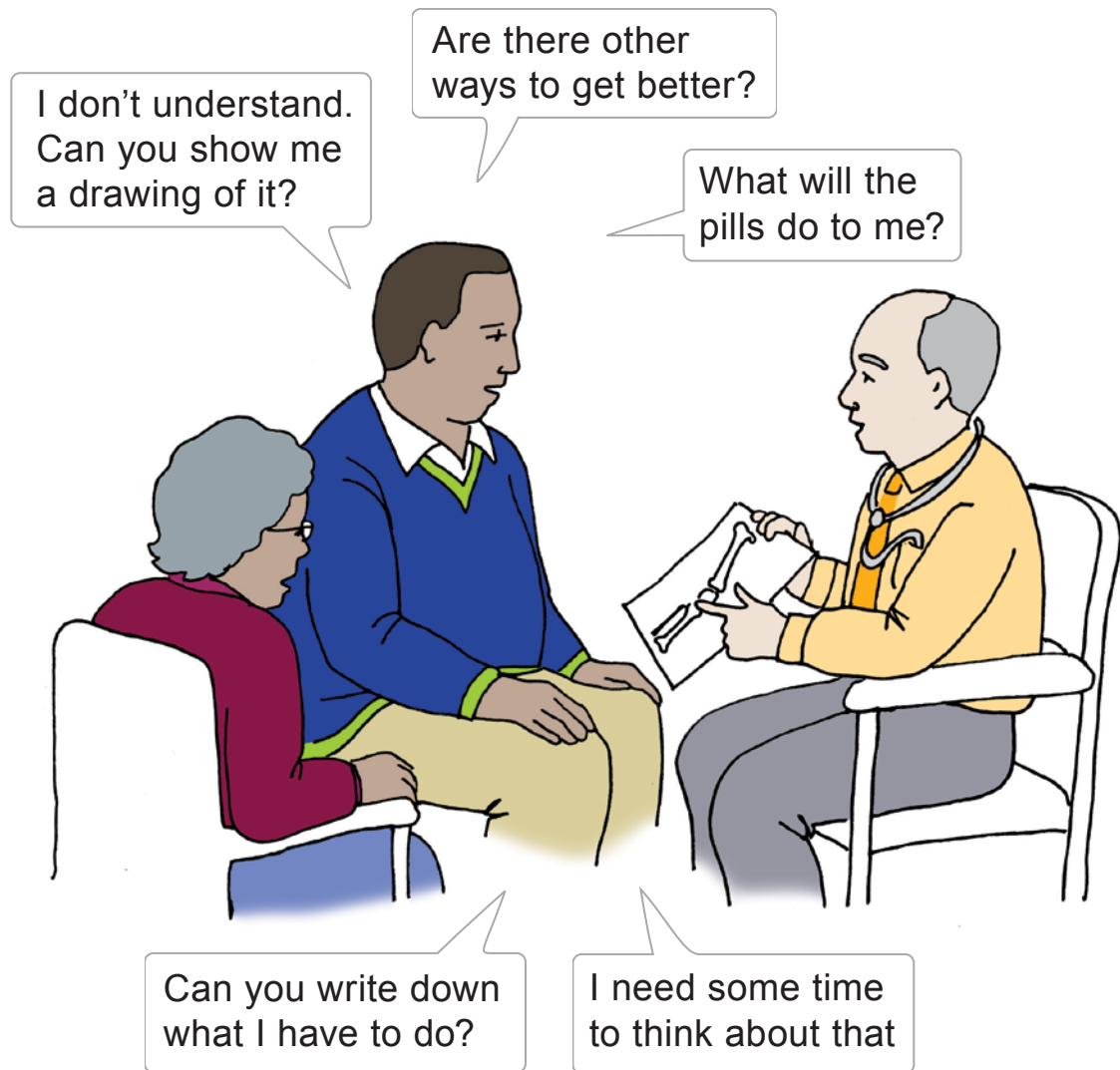
## Speaking up with the doctor

Remember you are in charge of your body.

You and your support person tell the doctor about you.

The doctor works out what might help your health.

You can work together to have a healthier life.



Some people feel worried about speaking up. This can be because no-one listened in the past. Taking a friend with you can help. You could practice what to say before you go.

# Making choices with the doctor

You have a say in looking after your health.

You can make your own choices at the doctors.

Some of these choices could be about:



- Tests, for example, a blood test



- Health Plans, for example, getting active and healthy eating



- Medications and Treatments



- Referrals  
(a letter about getting more help)



**If you don't know what to choose you can:**

- Ask for some more time
- Ask some more questions
- Get some more information
- Ask for some support

## What do I know now?

### I can take charge of my health when:

- ✓ I get regular check-ups
- ✓ I know my signs of sickness
- ✓ I get new prescriptions before I run out of my medication
- ✓ I ask for more info when I need it
- ✓ I know what to take when I go to the doctor
- ✓ I get help to speak up if I need it
- ✓ I tell the doctor ways to help me understand
- ✓ I have a say and make choices.





## Australian websites

### 10 tips for safer health care

[www.health.nsw.gov.au/pubs/2007/pdf/10\\_tips.pdf](http://www.health.nsw.gov.au/pubs/2007/pdf/10_tips.pdf)

The NSW CID standard health fact sheets have more info about Medicare. You might need some help to read them.

[www.nswcid.org.au/health/se-health-pages/getting-the-most-out-of-medicare.html](http://www.nswcid.org.au/health/se-health-pages/getting-the-most-out-of-medicare.html)

### Healthdirect

This is a phone service. Nurses can give you health info. You can ask lots of questions. If you are not sure about your health, and you can't get to your doctor, try calling **Healthdirect 1800 022 222**.

## United Kingdom (UK) websites

These info sheets come from another country.

What they say about health might be a bit different in Australia. Show your doctor the info to check that it is right for you.

[www.easyhealth.org.uk/sites/default/files/GoingtotheDoctor.pdf](http://www.easyhealth.org.uk/sites/default/files/GoingtotheDoctor.pdf)

[www.easyhealth.org.uk/sites/default/files/questions\\_to\\_ask\\_visiting\\_the\\_doctor\\_or\\_hospital.pdf](http://www.easyhealth.org.uk/sites/default/files/questions_to_ask_visiting_the_doctor_or_hospital.pdf)

### Questions to Ask

[www.nhs.uk/choices/EasyRead.aspx#questions](http://www.nhs.uk/choices/EasyRead.aspx#questions)

and click on "Questions to Ask booklet"



## Remember

This fact sheet is not the same as advice from a doctor. It has information that might be useful to you.

This fact sheet does not know about:

- Your special needs
- Your health problems
- Or what is right for you.

Don't just rely on this fact sheet.

**You should always talk to your doctor about your health.**

This fact sheet was written in July 2009. Weblinks were updated in 2012. For future updates see [www.nswcid.org.au](http://www.nswcid.org.au)

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