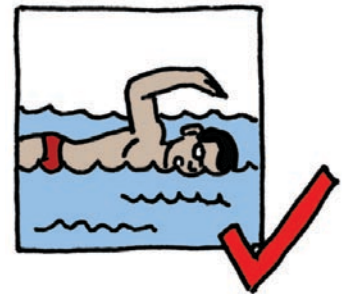


# After visiting the doctor



## In this fact sheet you can find:

- What did my doctor say?
- Did we make a health plan together?
- Did we talk about medication?
- Did my doctor say to come back?
- Did the doctor give me a referral (letter)?



NSW Council for Intellectual Disability

# What did my doctor say?

Mal has been to his doctor.

He tries to remember what they talked about.

He thinks about what will help him:



- 1** Check with my support person.
- 2** Read what my doctor wrote.
- 3** If I'm still not sure, phone the doctor.



Try to keep track of things.

It's up to you to take charge of your health.

Do as much as you can.

It's OK to ask for help if you need it.

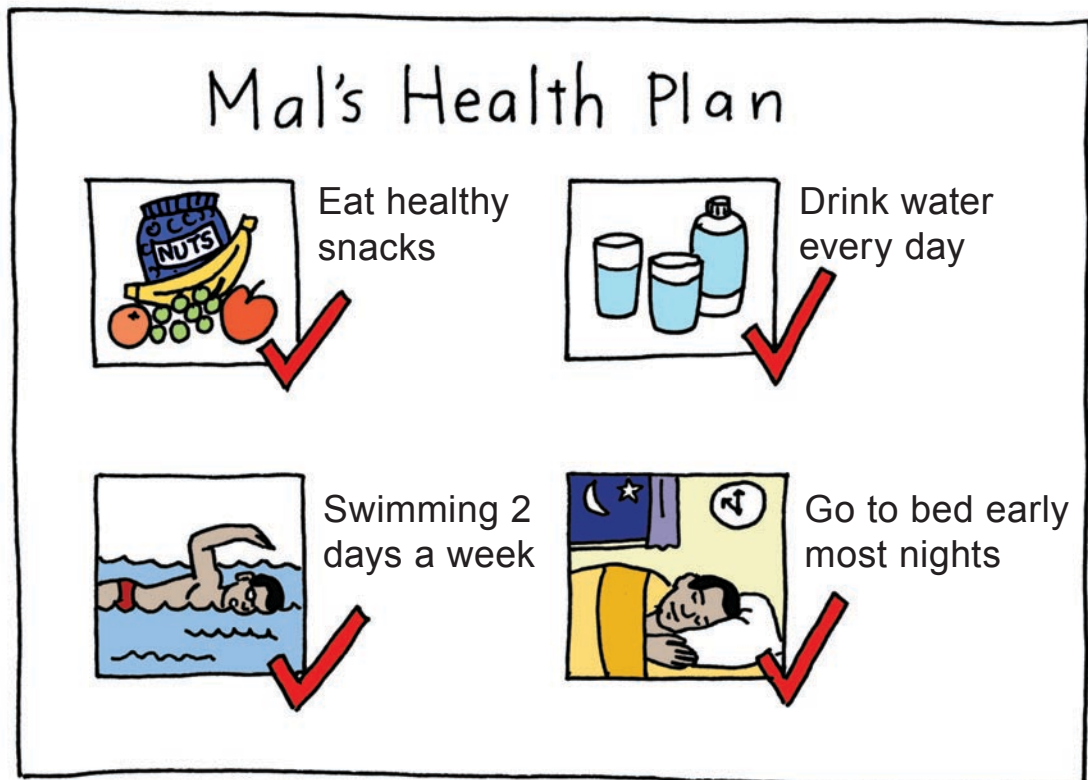
## Did we make a health plan?

You can do things that can really help your health.

The doctor said Mal should try to:

- Cut down on fatty food
- Cut down on soft drinks
- Be active every day
- Get more sleep.

They talked about how Mal could do it:



**Every person has different abilities and needs. So each health plan will look different.**

- Try to stick to your plan.
- You might need support to do this.
- Health plans should be checked regularly.

## Did you and the doctor talk about medication (pills)?

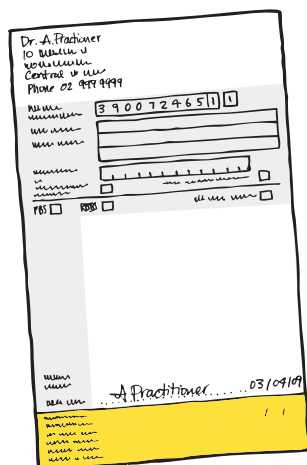
The doctor may give you a piece of paper.

This is called a prescription, or script.

It tells the chemist about your pills.

It could be for a liquid or a cream as well.

- The name of the pill
- The strength of the pill
- When to take them
- How many pills to take
- How many days to take them



Remember to ask how much it will cost.

There might be a lower cost medicine you can choose.



**It helps to go to the same chemist.**

Your chemist can give you good info about taking pills.

They can make a medicines list with you.

This helps you keep track of things.

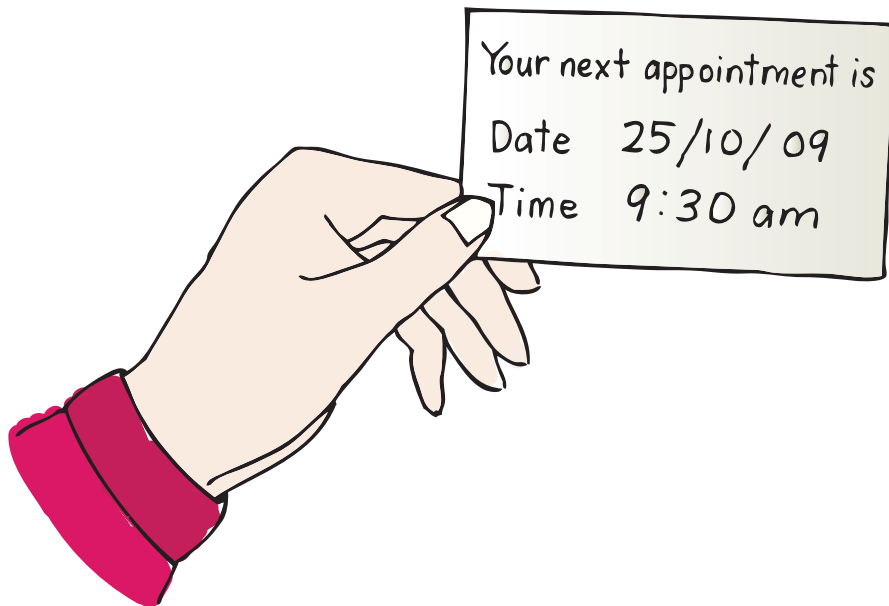
## Did my doctor say to come back?

Your doctor may say to come back.

The doctor will check for signs you are getting better.

Your doctor will look for signs of problems.

You might need to try different pills or treatment.



- **Make a date and time to come back.**  
Talk to the receptionist about a new appointment.  
That's who you see when you arrive at the doctor's.  
They also answer the phone when you call.
- **Stick to this appointment.**
- **If you cannot stick to your appointment, make a new date and time.**



### **In the doctor's waiting room:**

Some people find waiting very hard.

If this is a big problem for you, tell the receptionist.

You can plan for the best times to have appointments.

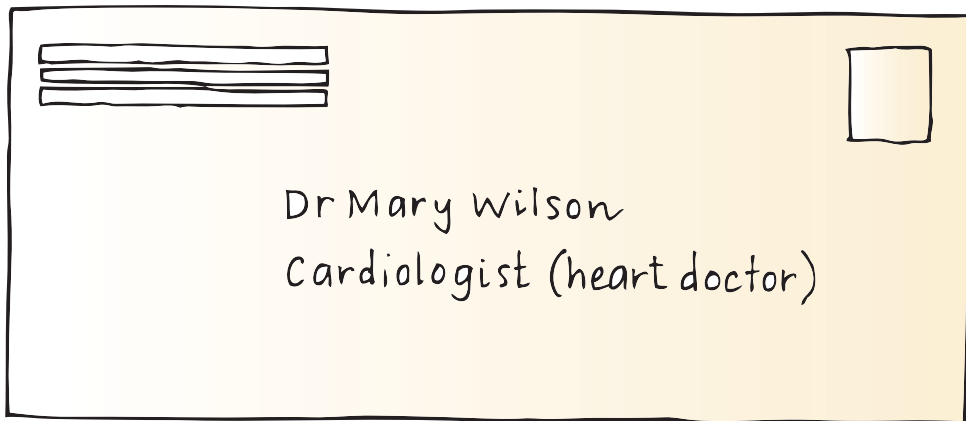
## Did the doctor give me a referral?

This is a letter to a specialist.

A specialist is a doctor who knows a lot about a part of the body.

For example, a heart specialist.

You call and make an appointment to see them.



Remember you can ask questions about the specialist:

- Can I choose a man or a woman specialist?
- Are they near trains or buses?
- Will they use easy words?
- Will they use some pictures?
- What will you tell them about me?
- How much will I have to pay?



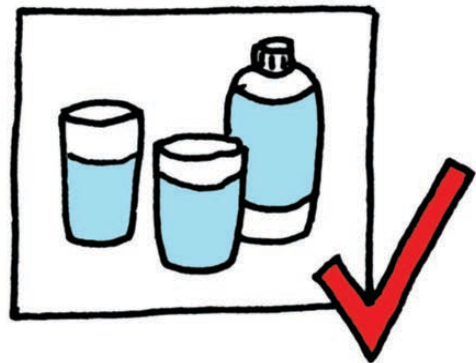
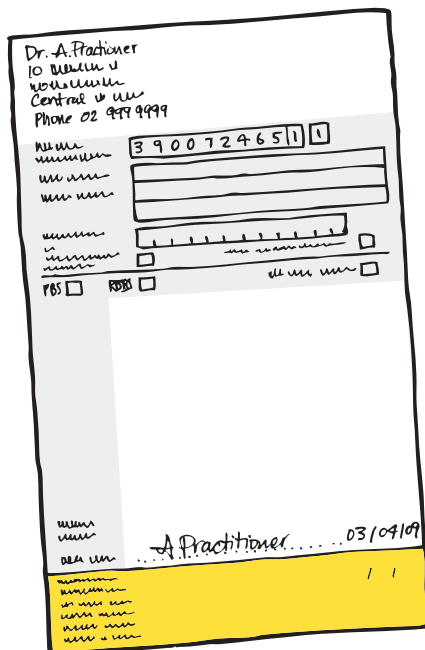
**Most specialists ask you to pay.**  
**They will tell you how much you get back from Medicare.** Medicare will give part of the money back.



## What do I know now?

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

- ✓ I remember what my doctor said
- ✓ I choose to follow my health plan
- ✓ I learn about my medication
- ✓ I make and stick to my follow-up visit
- ✓ I make a time and date, and go to the specialist.



## Australian websites

The NSW CID standard health fact sheets have more info about Medicare. You might need 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)

### **Medimate**

For information on medicines without the mix-ups. In plain English. You could ask someone to help you to read it.

[www.nps.org.au/consumers/tools\\_and\\_tips/medimate/medimate\\_brochure](http://www.nps.org.au/consumers/tools_and_tips/medimate/medimate_brochure)

### **Medicines line**

**1300 633 424** to ask questions about any medicine.

### **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**.

### **Taking medicines safely and medicine side-effects**

You could ask someone to help you read these:

[www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Medicines\\_safety\\_issues?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Medicines_safety_issues?open)

[www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Medicines\\_can\\_cause\\_unwanted\\_side\\_effects?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Medicines_can_cause_unwanted_side_effects?open)





## 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)

## These people gave lots of help to NSW CID on this project

### **From Waverley Community Living Program (Waverley Council):**

Roni Arbib, Christian Backhouse, Michael Bartels, Danny Cousins, Colin Delaney, Dina Franks, Maria Papilos, Simon Parkes, Jessica Poole, Sophia Protey, Gerard Rooney, Jessica Tattersall, Victor Tombs and staff.

**From McCall Gardens Community Ltd:** Mark Johnson, Phillip McConnell, Jon O'Keefe, Mark Rothery, Philip Venn and staff.

### **The Health Fact Sheets for People with Intellectual Disability**

**Project Reference Group:** Carmelo Raspanti, Kay Smith, Mike Smith, Robert Strike and Kim Walker.

**Also:** Anthony Mulholland and Professor Helen Beange

**Editing:** Aine Healy and Helena O'Connell

**Topic Checklists Author:** Aine Healy

**Fact Sheet Author:** Yvette Proud

**Illustrator:** Merri Collier

**Colour:** Dawn Leyland

**Design:** Giselle Haber

