



Just Tell ...

Who I am

Better sharing between you and your doctor and health professionals

▶ Tell the doctor:

The most important
thing about me

What I love to do

What I want to keep
on doing

What I am doing to
stay healthy

What I need help
with or concerned
about in my home

Who helps me



Just Ask ...

Who I am

Better sharing between you and your doctor and health professionals

▶ Tell the doctor:

What my first language is

If I need help understanding
English instructions

Who my main contact is

Who helps me with my
care decisions

What are my main
health problems

physical problems

allergies



2010 ML van der Horst & K Wong