



Just Tell ... getting information

Better sharing between you and your doctor and health professionals

▶ **Tell the doctor:**

What I know
about my health
problems

--

How I got this
information about
my health problems

--

I like this kind of
information

- | | |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | Printed on paper so I can read it |
| <input type="checkbox"/> | Talking with someone about it |
| <input type="checkbox"/> | Finding internet websites about it |



Just Ask ... getting information

Better sharing between you and your doctor and health professionals

▶ Ask the doctor:

Do you have
information about my
health problems

--

Where else can I get information

- Disease specific societies
- Local organizations
- Community or caregiver groups
- Library Health offices
- Internet: rgps.on.ca , ontario.ca ,
shrtn.on.ca , hc-sc.gc.ca ,
healthinaging.org , nia.nih.gov

--

--

--

--

--



2010 ML van der Horst & K Wong