



my life health

Hello!

We all have to go to the doctor – it's just part of life. At the moment you might take your parents or carers with you. You might even take a friend. **As you get older and feel more confident you will probably want to go by yourself.**

There are different reasons why you might take a friend or family member with you to the doctor. **Have a think about who you take and why.**

There's no right or wrong step – it's about where you feel comfortable.

Your aim should be to move onto the next step when you're ready! We have some great information to help support you. Check it out at buzz.org.uk/mylifemyhealth

What happens when you go to the doctor now?
Look at the steps and see where you are at the moment.

Step 3
I make my doctor's appointments myself and go on my own.

Step 2
I go to the doctor's appointment with my parent. We both talk to the doctor during the appointment. I don't feel quite ready to do this on my own yet.

Step 1
My parents book my appointments and they talk to the doctor during my appointment. I don't take part in the conversation.

Are you ready to go to the doctor by yourself?!

Do this quiz to find out.

1

You need a doctor's appointment. What do you do?

- No idea – my mum, dad or my carer always book them for me.
- I book my appointment myself.
- My mum or dad book them for me – I tell them which date and time are OK for me.

2

Eek! You've got an embarrassing problem 'down there'. What do you do?

- I will tell my parents and they will come with me to the doctor.
- I don't have to involve my mum or dad because I can book an appointment with my doctor myself.
- No way I'm telling my parents about it! I'll ignore it and hope it goes away.

3

You want to use sign language during your appointment. What do you do?

- I'll ask the doctor's surgery to arrange an interpreter for my appointment or we'll agree to use a video translation service.
- I'm not sure how to book an interpreter so I'll just struggle through it without one.
- I'll take a member of my family or a friend to interpret for me.

4

Ok, so you've arrived for your appointment. Do you speak to the receptionist yourself?

- Yep – I tell the receptionist my name and the time of my appointment.
- Yep – I sign in myself and remind the receptionist to come and get me when it's my appointment.
- No, whoever I'm with does it for me.

5

You've been in the waiting room for ages, but no one has come to get you. You are worried you have missed your appointment. What do you do?

- I don't do anything – mum sorts it all out.
- I'd feel embarrassed to ask the receptionist if I had missed my turn.
- I'd go to the receptionist to find out what's going on. I'd check they have remembered to come and get me when it's my turn.

6

Your doctor turns away when they are talking to you. What do you do?

- I'd be too embarrassed to ask what they'd said, so I'd just nod and smile.
- I'd remind them to face me when they talk to me and ask them to repeat what they said.
- I'd apologise and ask them to repeat it.

7

There's a question you really want to ask during your appointment. What do you do?

- I'd probably be OK to ask the question and then hope I understand the answer.
- I'd feel too nervous to speak. I'd just let mum or dad do all the talking.
- I'd ask the question then make sure the doctor explains their answer so that I understand. If I don't understand I'd ask them to explain it again.

#mylifemyhealth

Now add them up!
Which colour came up the most?



Mostly blue - you're a bit like Confident Casey



Great – you are already really confident to do things on your own! Remember these top tips to make sure you get the support that you need.

- Even if your doctor's surgery does give you good support, sometimes things can go wrong. Remember what your rights are and be confident to stand up for yourself.
- Remind your doctor's surgery what you need from them.
- Tell your doctors' surgery about your experience so that they can continue doing things well or improve where they need to.
- Tell NDCS – we want to share your story!

Make sure you help other deaf young people to become as confident as you. Share your experience and give them useful tips on how to start doing more things on their own.



Mostly pinks - you're a Nervous Nat



At the moment you rely on your parents to arrange your doctor's appointments for you. That's ok. It might be a little while before you're going to appointments on your own but here are a few tips to help you get ready.

- Ask your parents how they book your appointments. Would you be able to book an appointment without their help in the future?
- Pay attention during your appointments – don't just rely on mum and dad to tell you everything later.
- Be confident to ask the doctor to repeat things you have missed or not understood – remember it's your health!
- Prepare some questions with your mum or dad before you go into your appointment then ask the doctor these yourself.



Mostly Orange - You're a bit like Getting There Georgie



You still need your parents to help with some things, but you'd like to start taking more control of your own health appointments.

Here are a few tips to help you take the next steps.

- Ask your doctor's surgery about the different ways you can book appointments. Explain that you want to start booking appointments yourself so they need to suggest a way that works for you – for example, using text or email.
- If you would like to start using sign language interpreters during your appointments, then let your family know. This might be a difficult conversation, but it's an important step towards doing things on your own.
- Take the lead during your appointment – explaining what is wrong, asking questions and checking information if you're not sure.
- Be confident to ask your doctor to repeat things you have missed or not understood – remember it's your health!
- Agree with your mum and dad how you will manage any medication you need to take after your appointment.

Feeling a bit unsure or nervous about explaining your communication needs? Use our 'I'm deaf' wallet card!

Hello, I'm deaf

ndcs

ndcs
every deaf child