



my life
my health

“I am happy with mum coming with me but later I would like to do it more independent”

Ready to go to the doctor by yourself?
Feel ready to start going to the doctor on your own? Talk to your parents and doctor about how they can support you to do this.

Use BSL?
Using an interpreter will help you feel more confident and in control of your doctor's appointment

An interpreter's job is to help you communicate. They must keep information about your health appointment private.

Growing up as a deaf young person can be challenging. Many people, like your parents and doctor, have helped to take care of you and made sure you have got the things you need to stay healthy.


Now that you're getting older, you may want to take more control of your doctor's appointments.

ndcs
every deaf child


Top Tips

- 1 Tell your parents that you want to become more involved in your doctor's/hospital appointments.
- 2 Be honest about the communication support and help that you need – a sign language interpreter? Information written in simple English?
- 3 Agree with your parents the first steps you will take to start doing more things on your own. This could be booking the appointment yourself and answering the doctor's questions.
- 4 Pay attention during your appointments! Make sure you find out what your health condition is and how you will need to manage it.
- 5 Remind your parent and doctor that you need to be involved in the conversation too – it's your health!
- 6 If you are worried about communicating with your doctor on your own, write a list before you go of all the things you want to ask and any extra support you might need.
- 7 You may not want your parents to know that you're going to the doctor. Doctors have to keep information that you share with them private.
- 8 Ask what will happen after your appointment so you're clear about the next steps.
- 9 Find out what services are available to help deaf people in your local area – they might have useful information for you.

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Your rights
If you go to an appointment on your own, your doctor must keep your information confidential – this is the same as keeping your information private.



Health information, including information about sexual health, should be easy for you to find and understand.



Ready to go to the doctor by yourself?