

# ASKING QUESTIONS ABOUT YOU



You have a right to learn about your health and your body.

Ask questions. If you don't understand tell the doctor.

You should talk to the doctor when something changes to your body. You may feel sick or have a pain.

A doctor can talk about your feelings, help you stay healthy and help you when you are sick.

You can take someone with you to the doctor. It may make it easier to talk to the doctor. The doctor should still talk to you.

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You can write questions before you go to the doctor to help you remember what you want to ask.

It is important to get to know your doctor. You should choose a doctor you can talk to.

You never stop learning about your health and your body.

## Where can you find out more

**NSW Council for Intellectual Disability**  
Easy English fact sheets.



(02) 9211 1611 or  
1800 424 065  
(calls outside Sydney)



[www.nswcid.org.au](http://www.nswcid.org.au)

**Other fact sheets in this series you may want to read**

**BEING HEALTHY**

**HEALTHY EATING**