Self-Advocacy at Medical Appointments

Why I’m going:
○ Healthy check-up
○ Sick:
○ Injured:
○ Other:

My symptoms:

When my symptoms started:

How you can help me feel comfortable:
○ Tell me what you're going to do.
○ Talk slowly.
○ Write information down.
○ Use hand gestures.
○ Use pictures.
○ Avoid medical jargon.
○ Talk to me first, not my support person.
○ Bright lights bother me.
○ Loud noises bother me.
○ Other: _______________________
○ Other: _______________________

Where my symptoms are:
Front
Back

My questions & concerns:

Wong-Baker FACES® Pain Rating Scale
