

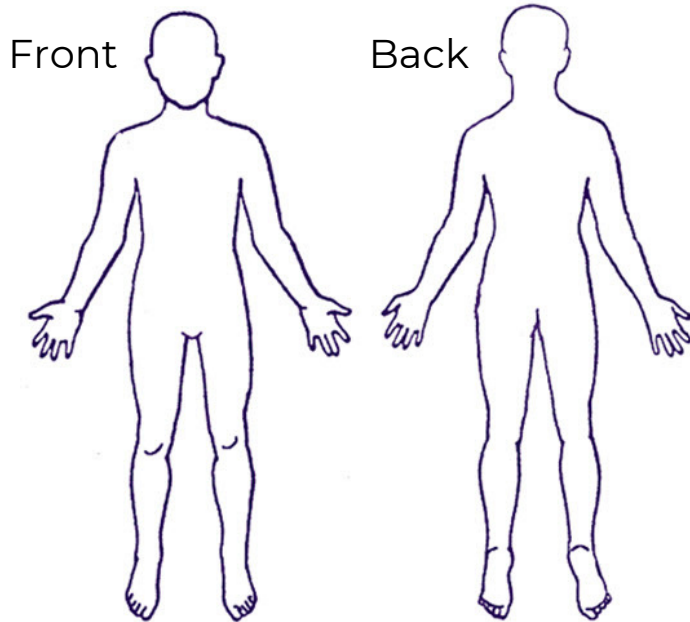
Self-Advocacy at Medical Appointments

Why I'm going:

- Healthy check-up _____
- Sick: _____
- Injured: _____
- Other: _____

My symptoms:

Where my symptoms are:



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: _____

My questions & concerns:

Wong-Baker FACES® Pain Rating Scale



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Notes

Pictures/Diagrams

