

A guide about going to the doctor

About Easy Read

Easier words with pictures to help explain some ideas.

Me and my doctor guide

Front cover of the guide with words Me and my doctor guide. Photo of two women, a doctor and a patient.

This is a guide for when you go to the doctor.

This guide can help you know when you need to go to the **doctor**.

It has information to help you get better health care like

- Having an annual health check
- What to take to the doctor
- How to speak up

The guide has a check list you can use.

This guide can help you know when you need to go to the doctor. The guide has information to help you get better health care.

The guide says:

- when to see a doctor
- what to take to your doctor
- how to tell your doctor what you want
- how to make choices with your doctor

- how to get support.

The guide also has a check list that helps you be in control of your health.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

- [Visit website](#)