



Become a partner in your care and services

You are responsible for the decisions that affect you.

Your doctor and healthcare staff are there to advise you and help you make the best possible decisions for your health and for the well-being of you and your loved one.



Get ready for your appointment

- Visit: gettingready.ca.
- Write down your specific concerns and questions (your values, preferences, etc.).
- Bring your notes to your appointment.

Did you know
that we only
remember about
20% of the
information we
hear?

Having someone with you at your appointments is the best way to make sure you fully understand and remember the information. **Two people** can remember twice as much information!



Get the most out of your meeting

- Make it clear from the start that you want to be involved in decisions that affect you and that you have questions.
- Trust in your knowledge and experience.
- Listen carefully and ask questions to make sure that you have understood the information.
- Speak up if you don't agree, and don't hesitate to express your point of view.
 - Collaborate to find solutions.
 - Take notes if you need to.
- If necessary, request a copy of your intervention plan.
- Ask to be referred to resources.
- Before you leave, make sure you have fully understood and confirmed the provided information.

Get active in your care and services

Become a partner in your care and services and take an active part in decisions that concern you.

Discuss the available options based on what makes the most sense for you.

Show a willingness to work with the health and social services team and share your expertise with them.

For more information:

