

A form to help you at your health appointment

About Easy Read

Easier words with pictures to help explain some ideas.

My Health Appointment Form

Top half of the My Health Appointment form with image of one person helping another v

This Easy Read form can help you prepare for a health appointment.

You can put information about

- Your health
- The appointment

You can also use the form to take notes at the appointment.

You can use the form by yourself, or with someone you trust.

You can print the form and write on it.

You can use the form on a computer or a device, like a tablet or smart phone.

This is an Easy Read form to help you prepare for a health appointment. The form can also help you remember the things you talked about during the appointment.

You can use the form by yourself, or with a family member or health worker. The form has places for you to enter information about yourself and the appointment.

The form asks for information like:

- when and where the appointment will be
- the reason for the appointment
- the type of health professional you will see
- what to bring to the health appointment
- what you want to say to the health professional
- the main things you talked about during the appointment
- what you need to do next.

You can print the form and write on it. Or you can use the form on a device, like a tablet or smart phone.

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- 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](#)