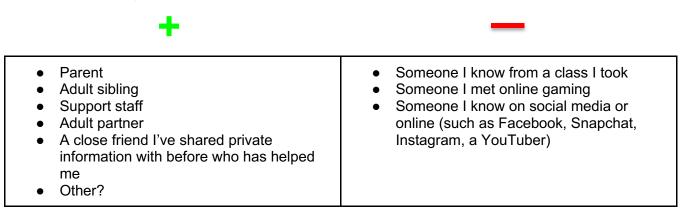
Asking a trusted person to accompany me to a medical office

Who/What/When/Where

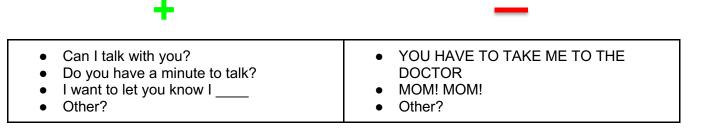
THIS DOES NOT APPLY TO EMERGENCY SITUATIONS WHERE YOU NEED HELP IMMEDIATELY

<u>Who is a trusted person I can ask</u>: a person with whom I can share personal and private information with and believe they will help and support me



My trusted person(s):_____

What do I say: things I can say to start the conversation



I will start the conversation by:

What do I ask for: help with getting to and/or home from the medical office



- I need to go to the doctor, can you give me a ride?
- I need to go to the doctor, can you come with me to help me?
- Can you help me practice talking with the doctor?
- Other?

- YOU need to take me to the doctor
- I can't go by myself!!
- HELP!!!
- Other?

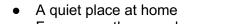
Things I can ask for:_____

When do I talk with this person: find a time when my trusted person does not appear too busy

	l
 The person is reading The person is washing dishes Other? 	 The person is talking on the phone The person is taking a shower The person is about to leave/go
	 Other?

When I will talk with this person:

Where is a good place to talk with this person: a quiet place that we can hear each other and focus



• Few or no other people are around

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- Sitting in a parked car
- Other?

- Lots of noise, people talking
- Driving in traffic
- Lots of other people around
- Other?

Where I will talk with this person: