

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

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



<ul style="list-style-type: none">● Parent● Adult sibling● Support staff● Adult partner● A close friend I've shared private information with before who has helped me● Other?	<ul style="list-style-type: none">● Someone I know from a class I took● Someone I met online gaming● Someone I know on social media or online (such as Facebook, Snapchat, Instagram, a YouTuber)
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My trusted person(s): _____

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



<ul style="list-style-type: none">● Can I talk with you?● Do you have a minute to talk?● I want to let you know I _____● Other?	<ul style="list-style-type: none">● YOU HAVE TO TAKE ME TO THE DOCTOR● MOM! MOM!● Other?
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I will start the conversation by: _____

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



<ul style="list-style-type: none">• 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?	<ul style="list-style-type: none">• YOU need to take me to the doctor• I can't go by myself!!• HELP!!!• Other?
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Things I can ask for: _____

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



<ul style="list-style-type: none">• The person is reading• The person is washing dishes• Other?	<ul style="list-style-type: none">• The person is talking on the phone• The person is taking a shower• The person is about to leave/go somewhere• Other?
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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



<ul style="list-style-type: none">• A quiet place at home• Few or no other people are around• Sitting in a parked car• Other?	<ul style="list-style-type: none">• Lots of noise, people talking• Driving in traffic• Lots of other people around• Other?
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Where I will talk with this person: _____