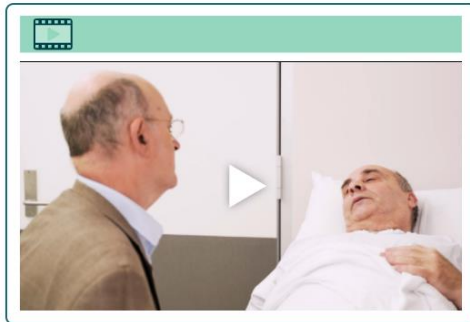


## Benefit of bringing a support person with you when attending a health appointment.



Doctor: I am sorry to be the one who brings you this bad news but as we have discussed we have a plan going forward from here.

Wife: It is a lot to take in just now. Can I check with you what's happening next? So Charlie is going to have more tests done and so we are going to find out what the treatment is and how you can help him?

Doctor: That's correct. It's really valuable for you to have your wife with you so we three can have a conversation.

Charlie: Can you please write this all down so we can take it home and discuss it with her.

Doctor: Of course.



It can be very helpful to bring a support person to appointments



If they can't come in person, they could join in by phone or video-link.



You could record your conversation on your mobile phone



Or ask your doctor to write the most important things down for you to take away.