**Talking with Your Doctor**

The first thing they will do when you visit the doctor is take your vital signs (blood pressure, heart rate, temperature, and weight) and ask you why you are seeing the doctor today. Sometimes it can be difficult to take your vital signs. Be patient with the nurse/doctor and explain to them what they can do to make the process easier for both of you.

Use the checklist below for questions to ask your doctor about your health. Write down any of your own questions that you have for your doctor in the blank spaces below, so you don’t forget them. This will help you take the best possible care of your body. It’s always a good idea to have a list of your medications in your purse or wallet to reference too.

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| Date: Doctor’s Name: | | |
| Doctor’s Address: | | |
|  | | |
| Doctor’s Telephone No: Email Address: | | |
|  | | |
| **No.** | **Question:** | **Answer:** |
| 1. | How does my disability affect my health? |  |
| 2. | Are there any treatments for my current condition(s)? |  |
| 3. | Is my condition stable or will it get worse? |  |
| 4. | What tests do I need done to make sure I am healthy? |  |
| 5. | Will my medication stay the same or will it be changing? |  |
| 6. | How often should I take my medications? |  |
| 7. | What do I do if I feel sick from my new medications? |  |
| 8. | When do I need to come back to the doctor? |  |
| 9. | Do I need to see any other doctors? |  |
| **Healthcare Resources:** | | |
| * CDC’s Living a Healthy Life: <http://www.cdc.gov/features/disabilities/> * AAPD’s Health Reform and People with Disabilities:   <http://www.aapd.com/resources/fact-sheets/health-reform-people-with-disabilities.html> | | |

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| **Below are some specific question to ask your eye doctor regarding your vision:** | | |
| **No.** | **Question:** | **Answer:** |
| 1. | Can my medications affect my vision? |  |
| 2. | Will my insurance cover my glasses or contact lenses, if I need them? |  |
| 3. | If I need to wear glasses or contact lenses, is Lasik surgery an option for me? |  |
| 4. | Am I at a high risk for developing eye disease? |  |
| 5. | If I am at high risk for developing eye disease, is there anything I can do to lower my risk level? |  |
| 6. |  |  |
| 7. |  |  |
| 8. |  |  |
| **Healthy Vision Resources:** | | |
| * CDC Vision Health Initiative (VHI): <http://www.cdc.gov/visionhealth/> * CDC Common Eye Disorders:   <http://www.cdc.gov/visionhealth/basic_information/eye_disorders.htm>   * Disabled World: Vision Disability Information: <http://www.disabled-world.com/disability/types/vision/> | | |

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| **Below are some specific question to ask your dentist regarding your oral health:** | | |
|  | **Questions:** | **Answers:** |
| 1. | Do you recommend I use an electronic toothbrush or a manual one? |  |
| 2. | It’s hard for me to use dental floss, is there another option? |  |
| 3. | Do I need a fluoride rinse today? |  |
| 4. | Is there anything else I can do to prevent further tooth decay? |  |
| 5. | Do I need to be screened for oral cancer today? |  |
| 6. | How often should I get screened for oral cancer? |  |
| 7. | What are signs to watch out for in my mouth that might indicate a problem in my body? |  |
| 8. | How else can I improve my dental health? |  |
| 9. |  |  |
| 10. |  |  |
| 11. |  |  |
| **Oral Health Resources:** | | |
| * CDC Division of Oral Care: <http://www.cdc.gov/oralhealth/> * Person First Health: Dental Resources for Individuals with Disabilities:   <http://personfirsthealth.org/dental-resources-for-individuals-with-disabilities/>   * National Institute of Dental and Craniofacial Research (NIH) Dental Resources:   <http://www.nidcr.nih.gov/OralHealth/Topics/DevelopmentalDisabilities/AdditionalResources.htm> | | |