



Transition Exercise: My Health Care Questions

The best way to understand something is to think about what you want to know and come up with written questions. The more you understand your health and your treatment plan, the more confident you will feel when going to the doctor. This will also help you teach others about your medical condition. Use this exercise to help you figure out what you need to know. What will your question be? Who is the best person to answer your question? Remember the only stupid or silly question is the one not asked. Note: Ask for 5 minutes alone to talk with your doctor or provider, especially to ask more private questions.

(I) What do I want to know?

What is my question?

Who is the best person to answer my question?

- | | | |
|-----------|-----------------------|-----------|
| Doctor | Social Worker | Nurse |
| Parent | Child Life Specialist | Financial |
| Counselor | Dietitian | Other |

What is the answer?

(I) What do I want to know?

What is my question?

Who is the best person to answer my question?

Doctor	Social Worker	Nurse
Parent	Child Life Specialist	Financial
Counselor	Dietitian	Other

What is the answer?

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Last revised: 2/18/2016

