

In partnership with

MACMILLAN
CANCER SUPPORT



Things that are important to me

Sharing what is important to me
with my healthcare team



How to use this book



It is helpful to tell your doctors and nurses what is important to you. This will help them give you the best care.



You can use this book to write about what is important to you.



When you have written in this book you can keep it. You can take it with you when you see your doctor or nurse.



It is a good idea to have someone with you when you write in this book. This should be someone who knows you well and can help you.

My name



My full name

The name I like to be called

The best way to communicate with me

For example, do you like people to talk to you, write things down, draw pictures, use a talking mat, use a talking tablet or use pictures?



How I feel when I go to the hospital or doctors

For example, do you feel happy, unhappy, worried, excited?



Things that make me feel scared, unhappy or nervous

For example, being in busy places, needles, seeing doctors, having to wait for a long time, bright lights, or lots of noise.



Things that help me stay calm and relaxed

For example, knowing what is going to happen to me, having less people around me, having someone with me that I trust, or listening to my music.



The most important people to me



Name

Who they are to me

How to contact them

What I would like you to know

These can be things your doctor or nurse needs to know about you to look after you well.

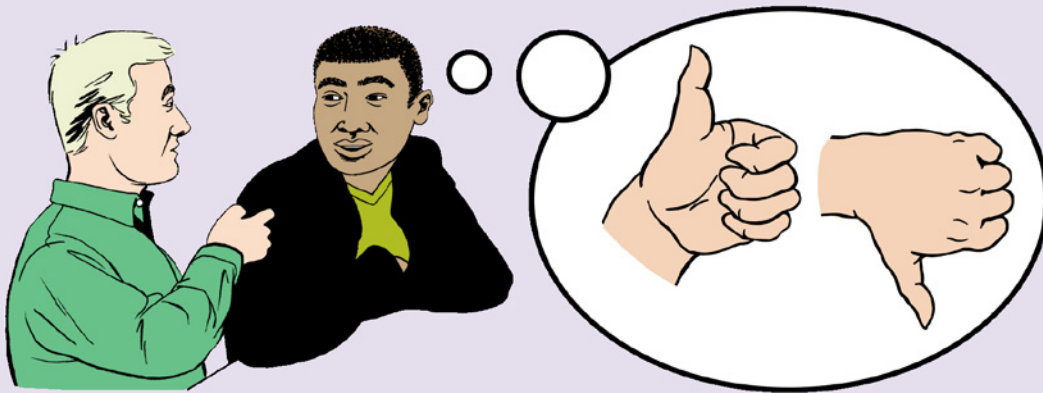


My life so far

These can be any important times in your life, dates, interests and things you like doing.



People who help me make important decisions



This could be a family member, carer, friend, social worker or advocate (an advocate is someone who helps you tell people what you want and need).

Name	Who they are to me	How to contact them
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
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Thank you!

Links

Macmillan Cancer Support has lots of booklets about cancer in easy read.

macmillan.org.uk/easyread



Gov.uk has more information on The Equality Act 2010 in easy read.

gov.uk/government/publications/easy-read-the-equality-act-making-equality-real



Enable Scotland has information and support for people with a learning disability.

enable.org.uk



This booklet will help you share what is really important to you with doctors and nurses.

To learn more about the best way doctors and nurses should treat you please read our booklet 7 steps to equal healthcare.



If you have more questions about cancer or would like to talk to someone, call the free Macmillan Support Line on **0808 808 00 00** Monday to Friday from 9am to 8pm.



If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling **18001 0808 808 00 00**



Or go to the website macmillan.org.uk

This easy read booklet has been produced by ENABLE Scotland and Macmillan Cancer Support working with CHANGE.

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