***Dear Doctor,***

My name is

DOB:

I live alone/ with my family/ in a house which is staffed full-time/ part-time.

Today, I am here with

who is a member of my family/ a friend/ my paid support worker/ other ( ).

To save valuable time, here are the answers to some of the questions that you might want to ask.

If you have any other questions, please direct them to me / the person that I am with / both of us.

**You should be aware that:**

* Why have you come to the doctor?
* How long has this been happening?
* What do you think might be causing this?
* Have you tried anything to make it better? Did it help?
* Do you have any other health problems?
* Are you taking any medication?
* Do you have any allergies?
* Do you have any problems taking medication?
* Are you in regular contact with any of your relatives?

*Taking someone to see the doctor? Remember:*

* You can ask for a **double appointment** and/or the **first appointment** of the surgery (so that the person can be “in and out” as quickly as possible).
* **be prepared** – think about using the “Dear Doctor…” form (overleaf).
* you can ask doctors and nurses to use the **“magic cream”** **(Emla)** – it makes injections less painful. The dentist may have a gel that is used to numb the gum before an injection– discuss it with him or her.
* The Learning Disability Team (0161-762 3263) has **a wide range of resources** that can help you to explain and talk about various medical procedures.
* The Learning Disability Team is here to give **help, advice and support** to everyone.

For more advice, go to [www.intothemainstream.cswebsites.org](http://www.intothemainstream.cswebsites.org/) and click on “Top 10 Tips and Video”.