

Get reliable resources

Always use a trusted and up-to-date source of health information such as the HSE Health A-Z of health conditions and medicines.



HSE
Health
A-Z

www2.hse.ie/conditions/



My
Medicines
List

www.safermeds.ie

Get involved as a patient partner

You can make a positive difference to health and social care services. You can do this by getting involved in their design, delivery and evaluation.

Ask your healthcare provider how you can get involved locally or find out more by scanning the QR codes below:



Patients for
Patient
Safety
Ireland

www.patientsforpatientsafety.ie



HSE
National
Patient
Forum

www.hse.ie/nationalpatientforum

The HSE, Patients for Patient Safety Ireland and the Department of Health co-designed this leaflet.

For more information please visit www.hse.ie/nqpsd.



Patients for Patient Safety
Ireland



An Roinn Sláinte
Department of Health

My health, my voice

Useful
questions to
ask...



Listen to a recording of this leaflet



Scan the QR codes in this leaflet with your phone to find more information

Introduction

When using health and social care services, we encourage you to ask questions and be involved in your own care plan. You can bring a trusted person with you who can listen and help.

It can be useful to write down your questions **before** your appointment. We list three below.

- Ask questions
- Share any symptoms you have
- Listen to your healthcare provider's advice
- Repeat back what you understand
- Ask for help if you do not understand

1

Ask

What do I need to know now?

Be active in my healthcare

This can help me:

- be more prepared and involved
- ask my healthcare provider what I need to know about my health and care

2

Ask

What do I need to do next and why?

Discuss what I need to do next and why

This can help me:

- understand what is happening with my care and why
- make a healthcare plan based on my options and what matters to me
- appreciate how my plan will help my overall health

3

Ask

What can I expect?

Ask what to expect

This can help me:

- understand what happens next
- be aware of how my health issues may affect each other and my wellbeing
- follow my healthcare plan

Your notes

1. What do I need to know now?

2. What do I need to do next and why?

3. What can I expect?

Who should I contact if I have any further questions?