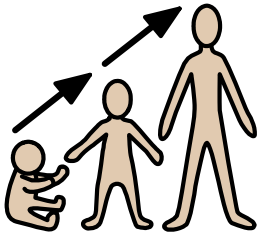
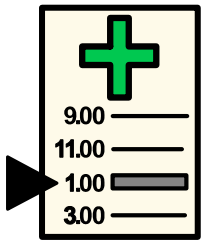


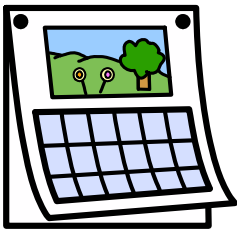
Managing your appointments



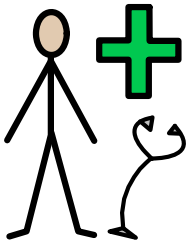
As you grow older, you learn new things. You might start to do things on your own, without your parents being there. This is called becoming independent (said: inn-dee-pen-dent).



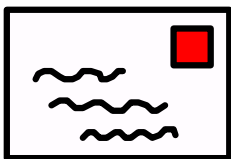
One of the things you might start to do on your own is remember your appointments and see the doctor on your own for part of each one.



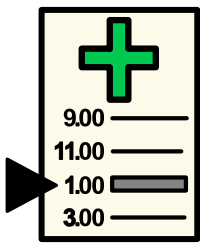
You will need to have a way of remembering when each appointment is happening. One way is to use a calendar. You could also use the calendar on your phone if you have one.



You will also need to work out whether you have regular appointments with your doctor. This could be with your local doctor or at a hospital.



Talk to your parents about how you find out about your appointments. You might get a letter or you might get a text message.



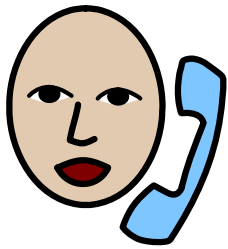
The next step is to add all the appointments you have already to your calendar. Make sure you write down where the appointment is and who you will see.



If you take your carer to your appointments, make sure they know when they are as well.



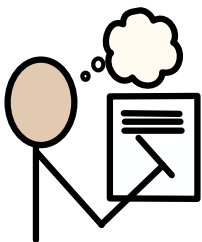
You should have a health check every year with your local doctor. Make sure you know when this is planned.



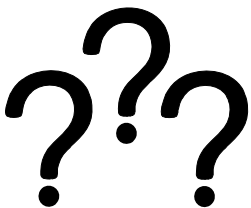
Sometimes you may need to cancel an appointment or move it to another day or time. Make sure you know the telephone number to call.



You should also know the number to call if you are ill. There will usually be a different number for if you are ill during the night. Make sure you know all the numbers to call.



Before each appointment, think about what you are going to tell the doctor. You could make a list or record it on your phone.



Please ask us if you have any questions.