

Working with your health care team

Talk openly:

- Let your health care team know your goals and health care preferences.
- What help do you need from your team to meet your goals?

Communication Tips

- Ask questions. When your health care team discusses treatment options, ask how the treatments could affect your health goals.
- Voice your preferences. Tell them what you are able to do and what you think is helping; and what is not helping or is bothersome.
- Be specific. For example, instead of saying “I don’t like this medicine,” Say: “This medicine makes me feel weak and dizzy.”