

# Transition Exercise: My Health Care Questions

The best way to understand something is to think about what you want to know and come up with written questions. The more you understand your health and your treatment plan, the more confident you will feel when going to the doctor. This will also help you teach others about your medical condition. Use this exercise to help you figure out what you need to know. What will your question be? Who is the best person to answer your question? Remember the only stupid or silly question is the one not asked. Note: Ask for 5 minutes alone to talk with your doctor or provider, especially to ask more private questions.

**(1) What do I want to know?**

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**What is my question?**

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**Who is the best person to answer my question?**

Doctor                      Social Worker                      Nurse  
Parent                      Child Life Specialist                      Financial Counselor  
Dietitian                      Other \_\_\_\_\_



**What is the answer?**

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**(2) What do I want to know?**

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**What is my question?**

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**Who is the best person to answer my question?**

Doctor                      Social Worker                      Nurse  
Parent                      Child Life Specialist                      Financial Counselor  
Dietitian                      Other \_\_\_\_\_

**What is the answer?**

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