

# ASCEND

## COMMUNICATING WITH YOUR MEDICAL TEAM

### THINGS YOU COULD DO...

### THINGS YOU COULD SAY...



Get ready beforehand.  
Have a loved one or friend with you if you can.  
How will you record information?  
Write down the concerns you have  
and put your most important concern first.

There is something I'd like to  
make sure we talk about today...  
What is most important is...



Talk about what has been happening  
and how it impacts you.  
Think about what you want to get from this talk.

I have been experiencing...  
Today, I hope to...



Share your most important concern first.  
Please share how you are feeling.

Can I tell you my biggest  
concern about...  
I am feeling...



Create a plan by:  
· exploring options  
· talking about the risks & benefits of the options  
Please tell us if anything is unclear.

Tell me more about...  
I didn't understand  
what you said.



Repeat the plan in your own words  
to make sure it makes sense.  
Talk about what happens next. Ask how to  
get back in touch if you have more questions.

Can we make a plan together?  
What are our next steps?  
Who do I talk to if I have  
more questions?



Record important ideas, names, contact numbers  
and how to get more information.

Can we check that I have the  
right information from our talk?  
Where can I get more  
information about...