

## **Achieving independence and becoming more responsible for your health care**

Becoming more independent is a natural part of life and happens at different stages for different people. As you achieve more independence and understand your responsibilities, you should be included in decisions that are made about your health care.

Here are some tips that other young people found useful:

- Be open and honest with your parents and health care team, this will build trust and help make your relationship with them better.
- Ask questions during your clinic visits.
- Set some small goals for you to achieve, for example, seeing the nurse or doctor alone for part of a clinic visit or contacting the chemist to organise your medication or treatment. These are small steps that will help you become more independent.
- Begin to take note of your clinic appointments and prepare yourself for them. You should note how you have been since your last visit and make a list of questions you may want to ask.
- Talk to your parents about your medical history and treatment. They will have plenty of knowledge about your health care that they can share with you. This may help you to feel more comfortable answering questions.
- Become more responsible for your own medication and/or treatment. Know what medication you take, when you take it and what it is for.
- Find out who you should contact in an emergency.