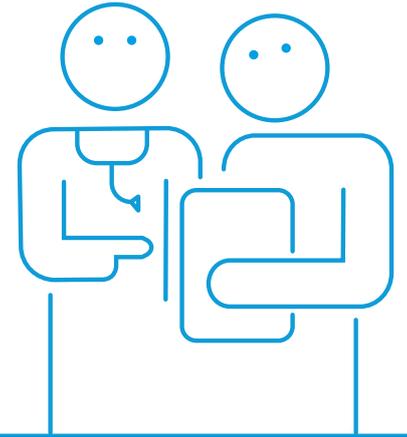


# healthcare appointments



- 1 Find ways to process the information in your own time.** Some people find it helpful to take a friend to appointments with them or to write things down.
- 2 It can be challenging to bring up certain topics** with your healthcare team. People report finding it hard to talk about things like concerns about needing joint replacements, fertility issues, talking about side effects from the treatments and the financial burden of the condition.
- 3 Bring up topics you are concerned about at the start of your consultation.** Prioritise **2-3** topics that you want to discuss each time. You might find it helpful to bring a list with you.
- 4 You are the expert in you.** Voice your concerns to your healthcare team. Some healthcare professionals may not be experts in psoriatic arthritis, so you may want to take some information about your arthritis and your treatments with you to healthcare appointments.



## my healthcare appointments plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

"My partner was brand new at learning about PsA - he was more than happy to attend any health-related appointments with me when I asked if he might like to join me. After all, another set of ears is helpful to prepare good questions, keep abreast of new research learnings and take onboard sage advice."

