



# Involve Me Card



**This card gives some tips  
that will help you  
communicate  
with me**



# How I communicate

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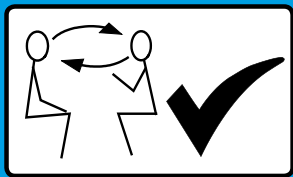
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## How you can help

- Look at and talk to me, not my support worker
- Is there information in my notes which tells you what helps communication?
- Do I have a Health Action Plan or Hospital Traffic Light Assessment?
- Do you have visual information you can show me to help me to understand?

For queries or guidance for support contact:  
**[InclusiveCommunication@nottshc.nhs.uk](mailto:InclusiveCommunication@nottshc.nhs.uk)**

- Before I go, check that I understand what is happening next in my treatment
- Can you give me some information to take away so that I can look at it later?
- Do I need a double appointment next time to give us time to understand each other?



# How I understand

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# Emergency contact details



My name...

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Who to contact...

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This person is my...

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Telephone number...