

## Understanding information about your health.

### The Accessible Information Standard (AIS)



Easy read fact sheet



Sometimes information from your doctors or care team can be hard to understand.



There is a rule that says they must give you information in a way you can understand.



This is called The Accessible Information Standard (AIS).



The people who must follow the AIS rules are your:



- Doctors



- Nurses



- Social workers



- Dentists



- Opticians



- Pharmacists



- And anyone else in your care team



It is important that you can understand and communicate with your doctors and care teams.



They must make sure you are getting the support you need.



This might be by:



- Communicating in a way you understand



- Providing information in easy read



- Giving you more time at your appointments



- Having someone with you to help make choices



Talk to your doctor to make sure they know your needs.



They will put your needs on your health record.



You can use our form to help communicate your needs to your doctor.



This tells other people in your care team about your needs.



This makes sure you are supported properly in all your appointments.



You can say if you do not want your needs to be shared with other support teams.



It is better if everyone knows your needs.



This means you will get the support you need.



[www.seeability.org](http://www.seeability.org)



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