

# Nice to Meet You: What I'd like Healthcare and Social Service Providers to Know About Me

You know better than anyone what helps you feel at ease within healthcare and social service settings. This booklet can help ensure interactions with service providers and facility staff are affirming and inclusive, for yourself and anyone accompanying you during your visit.

Complete and send this booklet to any new service providers ahead of your first appointment or use it to guide a personalized email or phone call. Alternatively, you may print and present it to reception upon your arrival.

Keep this booklet in an easy-to-find location and review your responses before meeting any new providers to ensure it still reflects what you wish to convey.

Be sure to also let anyone accompanying you know what information should and should not be shared during the appointment.

## About me

My legal name is:

The name I go by is:

My pronouns are:

I would describe the extent of my attention or memory loss symptoms as:

My accessibility needs for this appointment are:

# Who will be attending the appointment with me

No one, I will be coming alone.

	Person 1	Person 2	Person 3
Name			
Pronouns			
Relationship to me			

If there is an issue or need for more information ahead of my appointment, please contact:

at

## My primary contact person

Same as person \_\_\_ above.

Name	Contact Info	Relationship

## Preparing for my visit

Things that will help me feel more at ease and affirmed during my appointment include (For example, names or terms that should be used or avoided, etc.):

Other identity-related details I would like my service provider or facility staff to be aware of include (For example, gender information, relationships, sexual history, etc.):

Specific concerns I would like to raise at the first appointment include:

My current network of care includes (For example, people providing support or assistance, the types of supports they provide, their availability to provide support, etc.):

## About Egale

Egale is Canada's leading organization for 2SLGBTQI people and issues. We improve and save lives through research, education, awareness, and by advocating for human rights and equality in Canada and around the world. Our work helps create societies and systems that reflect the universal truth that all persons are equal and none is other.



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

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