

Dear Dr. _____,

You and my parents have always helped to keep me healthy and strong. But, I am not a kid anymore, and I would like to take more responsibility for my own health. This means that I would like to learn more about Down syndrome and the problems it can cause.

I will help prepare for my doctor visits by:

1. _____
2. _____
3. _____

Examples: keeping appointment dates in my calendar, making a list of questions that I want to ask you, and keeping track of my medicines and other treatments.

During our appointment, I would like you to:

1. _____
2. _____
3. _____

Examples: Ask me questions about my health; I will answer the best that I can. Spend some time alone with you so that I get used to being in charge. Involve me in making decisions about my own care.

Thank you for helping me to learn how to take care of my own health as I become an adult.

Sincerely,
