



## Checklist for patients, relatives and carers

- 1. Clarify expectations:** Think about what you expect from the conversation with the medical staff. Share your expectations.
- 2. Your culture:** Ask for assistance if you have certain Practices, habits and spiritual needs.
- 3. Prepare questions:** Write down the questions you want to ask the medical staff.
- 4. Obtain information:** Please ask if you need more information.
- 5. Translation:** If you have difficulty understanding anything, ask for a translator.
- 6. Dealing with bad news:** Think in advance about how you would deal with bad news and who should be around you. Let the medical staff know.
- 7. Share your concerns:** Talk openly about your fears and concerns. The medical staff is here to help you.
- 8. Talk about symptoms:** If you experience pain or discomfort, share your expectations and ask for treatment.
- 9. Accept help:** If you are offered help, accept it! Ask about your rights and support options.
- 10. Comfortable during nursing:** If you feel uncomfortable during nursing or medical examinations, say so. You can also ask for a nurse of your gender to look after you.
- 11. Food and medicines:** Let the medical staff know if you have any special dietary requirements (such as halal or kosher, etc.). Ask about the contents of your medicines in this regard.
- 12. Patient's provision and health care directive Guardianship:** Remember to give them to the medical staff.

*There are organizations that offer interpretation services. Find out whether your health insurance covers the costs. A neutral and professional person can help you better.*

The checklist was prepared jointly by Unionhilfswerk Senioreneinrichtungen gemeinnützige GmbH and the Berlin Forum of Religions.

Also available as PDF in foreign languages.

**This checklist can be obtained from:**

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