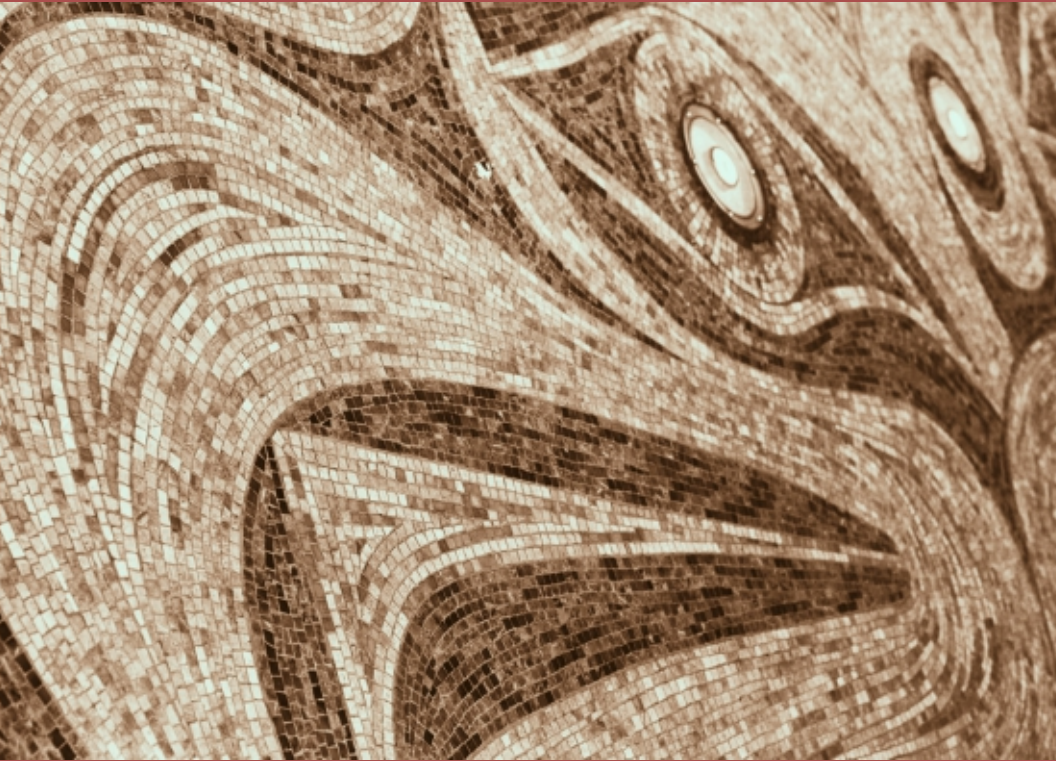


A Guide for Getting Ready for Hepatitis C Treatment



Thinking about getting
treatment for hepatitis C? This
booklet will help you prepare.

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A Guide for Getting Ready for Hepatitis C Treatment

To help you prepare for treatment, this booklet has questions for you to ask about different areas of your life. Some topics may take more time to work through than others. They can be done in any order, but it might be helpful to begin with “My Personal Bill of Rights” and “Talking to my health care provider.”

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Below is a “Personal Bill of Rights”. These ideas may help you speak up for yourself as you seek care and treatment.

PERSONAL BILL OF RIGHTS

1. I have the right to ask for what I want.
2. I have the right to refuse services or resources that don't meet my needs.
3. I have the right to change my mind.
4. I have the right to express my feelings, whether positive or negative.
5. I have the right to set my priorities.
6. I have the right to speak up for myself.
7. I have the right to feel scared or afraid.
8. I have the right to not have to justify my decisions.
9. I have the right to be treated with dignity and respect.
10. I have the right to play.
11. I have the right to expect honesty from others.
12. I have the right to rely on others for help or to speak up for me.
13. I have the right to feel angry.
14. I have the right to say that I am not ready or am unable to meet the demands and expectations of others.
15. I have the right to receive copies of anything I sign.
16. I have the right to see my medical records.

Knowledge

Talking to my health care provider



Below are questions to ask your **health care provider** about treatment.

To help get yourself ready for treatment, ask:

- ☐ What type of hepatitis C, or genotype, do I have? _____
- ☐ How long will treatment take for my type of hepatitis C? _____ months
- ☐ How could other medical conditions (e.g., HIV, diabetes) affect my treatment?
- ☐ What are the side effects of treatment?
- ☐ How do I deal with side effects I am concerned about?
- ☐ Can I continue taking traditional medicines?

List other questions you have about treatment.

- ☐ I want to know _____?
- ☐ I want to know _____?

Notes:

Knowledge

Are my things ready?



Below are questions to think about or to ask your health care provider to help you get **your things ready** for treatment.

To help get your things ready, ask:

- ☐ Do I have a safe place to live so I can rest?
- ☐ Do I have a fridge to keep my medication cool?
- ☐ Can I always get food when I need it?
- ☐ How can people leave me a telephone message?
- ☐ Will I be able to get to appointments?
- ☐ If I have to do treatment away from home, where will I stay?

What else do I still need to do to get ready for treatment?

- ☐ _____
- ☐ _____
- ☐ _____

What are my financial supports?



Below are questions to think about or to ask your health care provider to help you sort out **financial support** before you start treatment.

To help get your finances ready, ask:

- ☐ Who can help me to understand my finance and employment issues?
- ☐ If I can't work, what can I do for income?
- ☐ If I have to do treatment out of town, what are the travel and lodging costs?
- ☐ Where can I go to get help with costs related to treatment?
- ☐ Will I need to apply to receive benefits while I am on treatment?
- ☐ If my work is seasonal (only during certain times of the year), when is the best time for me to start treatment?

Do I need to apply for anything else before I start treatment?

- ☐ _____
- ☐ _____

Strength

Is my body ready?



Below are questions to think about or to ask your health care provider to help you get **your body ready** for treatment.

To help get your body ready, ask:

- ☐ Are there other health issues I need to deal with before treatment?
- ☐ What appointments with other health care providers will I need (for example, dental checkup, eye health exam)?
- ☐ Am I okay with having blood tests and injections?
- ☐ How can I keep my liver healthy?

List other questions you have about getting your body ready.

- ☐ I want to know _____?
- ☐ I want to know _____?

Notes:

Strength

Am I emotionally ready?



Below are questions to think about or to ask your health care provider to help get **emotionally ready** for treatment.

To help get yourself emotionally ready, ask:

- ☐ How is my mental health?
- ☐ Do I need a counselor? If yes, where can I find one?
- ☐ How do I deal with difficult times? Low moods?
- ☐ How do I deal with sleep problems?
- ☐ Am I able to respond in healthy ways to stressful situations?

What will I do if I am having a difficult time?

Who can I call? _____

How can I relax? _____

What else can I do? _____

Strength

Are my family, friends and community ready?



Below are questions to think about to help get your **family, friends and community supports ready** for you to start treatment.

To help get your friends and family ready, ask:

- ☐ Do the people who care about me know I am starting treatment?
- ☐ Do my friends or family have questions/concerns about my treatment? Who can they talk to?
- ☐ Can they come with me to appointments?
- ☐ Who will be able to support me through treatment?
- ☐ What can they do to help me?
- ☐ Are there spiritual or other supports I might need?

Is there anyone I still need to talk to before I start treatment?

☐ _____

☐ _____

Strength

Is my support team ready?



Below are questions to think about or to ask your health care provider to help get your **support team ready** before you start treatment.

To help get your local support team ready, ask:

- ☐ What supports can my local health care providers offer me?
- ☐ What other supports can I get on-line or by phone?
- ☐ Who can I call for help (e.g., to get groceries or check in on me)?
- ☐ Who can I talk to about issues that may come up when I am on treatment?
- ☐ Who can I call in an emergency situation?
- ☐ If I have to do treatment away from home, what supports will I have?

Who is my support team?

- ☐ _____
- ☐ _____

Wisdom

Have I decided?



Below are questions to think about or to ask your health care provider to help get **your mind ready** for treatment.

What goals do I need to set out for myself and my family while doing treatment?

- ☐ Do I want to be on treatment?
- ☐ Am I able to commit to several months on treatment?
- ☐ Where will my motivation to stay on treatment come from?

If I am having a difficult time, what can I tell myself about why I am doing treatment?

- ☐ _____
- ☐ _____
- ☐ _____

Is this the right time?



Below are questions to help you and your family decide if this is the **right time** for treatment.

To help decide if this is the right time for treatment, ask:

- ☐ Do my family and I have a lot of things happening right now?
- ☐ Am I planning to start a new job or go to school?
- ☐ Am I planning on moving?
- ☐ Do I have responsibilities I'll need to get help with (e.g., taking care of young children)?
- ☐ Will my family and I be able to balance life and treatment?
- ☐ Do I need to delay treatment for a little while?

Will anything be changing for me in the next few months?

- ☐ _____
- ☐ _____

Wisdom

Are there other things to ask or do?



Below is space for you to write other things you need to do or ask about.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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For more information, visit hepatitiseducation.ca or www.bccdc.ca (and type "Attendance Project" in the search box).

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