

## Patient information factsheet

# Preparing for your next audiology appointment: Advice and tips for young people

We have given you this factsheet because we would like to offer you the opportunity to start attending some or all of your audiology appointments alone without your parent or guardian present. This may help to prepare you for your transition over to our adult service. It contains some helpful advice and tips on attending appointments by yourself. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### Why might I want to attend my audiology appointments alone?

Attending appointments by yourself and being more independent can help:

- prepare you for the future when you move to our adult service
- boost your confidence
- make you feel more comfortable when talking about your hearing

Some young people also find it easier to chat without their parent or guardian present. If you think this may be the case for you, please discuss this with your parent or guardian before your next appointment, and try to come to a decision that you're both happy with. There will be space for your parent or guardian to wait outside during your appointment if that is what you decide.

### What if I'm not ready to attend my audiology appointments alone?

We understand that attending an appointment for the first time without a parent or guardian present can seem frightening. For this reason, we recommend gradually building up to attending your appointments alone. We have included a rough guide below that you may find helpful:

1. Begin by having your parent or guardian with you for the whole appointment.
2. Then try doing some of the appointment by yourself. For example, you could chat to the audiologist, rather than letting your parent or guardian speak for you. Alternatively, you could ask your parent or guardian to leave the room while you do your hearing test. They could then join you afterwards to discuss your results or make any decisions about treatment.
3. Then, when you feel ready, try doing all of the appointment by yourself.

### Helpful tips for attending an appointment alone

#### Before your appointment

- Write down any questions you have, so you don't forget to ask them during your appointment.

#### During your appointment

- Ask us as many questions as you like.
- Ask us to write down important information for you and/or give you printed copies of your results.
- Ask us who to contact if you have any questions at a later date.

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## Contact us

If you have any questions or concerns, please contact us.

Audiology and hearing therapy department  
Level A  
The Royal South Hants Hospital  
Brintons Terrace  
Southampton  
Hampshire  
SO14 0YG

Telephone: **023 8120 2997**

Email: **[rshaudiology@uhs.nhs.uk](mailto:rshaudiology@uhs.nhs.uk)**

## Useful links

[www.uhs.nhs.uk/OurServices/Childhealth/TransitiontoadultcareReadySteadyGo/Hello-to-adult-services.aspx](http://www.uhs.nhs.uk/OurServices/Childhealth/TransitiontoadultcareReadySteadyGo/Hello-to-adult-services.aspx)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**