Appointment Tips for Non-English Speaking Patients

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If you have an essential caregiver who can speak English, ask your healthcare teams to include your caregiver in all communications.

If you don’t have an essential caregiver who can speak English, ask for an interpreter at the appointment, free of charge.

Request an interpreter prior to your appointment and ask your healthcare provider to write down key points.

The interpreter will interpret everything that is said. They will bridge the communication gap between you and the care provider.

Interpreters are available for audio or video calls, so ask your healthcare team to book an interpreter for you.

Don’t nod unless you understand what your healthcare team is telling you.

It’s okay to politely ask to be referred to another healthcare provider who can fluently speak your language.

Advocate for yourself! If you feel you are not receiving the care you need, give feedback to the healthcare team and suggest solutions.