

## Part 4: How family carers can help in consultations

In this section, we will go through some ways that family carers can be involved before, during and after consultations with health professionals.

There is no expectation that they do all of these things, they are simply ideas you can consider, and think about what would be most helpful for you.

It is a good idea to regularly discuss with your family how you would like them to be involved, and find out their preferences as well. The way they help may change over time, as your needs change.

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