

TIPS: HOW TO FIND THE RIGHT DOCTOR FOR YOU

Finding the right doctor to treat your or your loved ones' seizure disorder can be tough. You may have a hard time talking to a doctor from a different cultural background than your own. When looking for a doctor, the following tips can help you find the best match.

After you find the right doctor, please read "Tips: How to Start Talking With Your Doctor." These tips will help you get the best care possible.



Ask about insurance coverage:

- Do they accept my insurance?
- Can they help me understand insurance coverage and the cost of treatment?
- If I don't have insurance, what options are there?
- If I need financial help, what kind of assistance is available?



Get to know the doctor

- What is their ethnic background?
- What languages (and dialects) do they or their staff speak?
- Can they communicate in my preferred language?
 - If not, how can we understand each other?
- Are they trained in treating seizure disorders?
- How long have they treated patients with seizures?
- If I need to be referred to another doctor, how can they help?
 - Why would I need a referral and how would that help me?
- Do they work with other care providers (eg, neurologists, psychologists, social workers, pharmacists)?





Do they understand/know your culture?

- Have they treated patients like me before?
- Do I know anyone who has seen this doctor before?
 - Can I check with community and patient advocacy groups?
- Do they offer educational materials and/or services (eg, pamphlets or support groups) for people from my culture?
 - Are they offered in my preferred language?



How will they communicate with you?

- How do they communicate with patients?
- Do I know anyone who has seen this doctor before?
 - In-person?
 - Phone calls?
 - Text messaging?
 - Emails?
 - Website or patient portal?
- Who will be my main contact when I call?
- How will they educate me about my seizures?
- How will I be involved in treatment decisions?
- Can a family member or caretaker come to appointments with me or participate in my care?



How can I make appointments?

- How easily can I get ahold of someone from the office?
- How easy is it for me to make appointments?
- How quickly can I get an appointment?
 - If there is a long wait, what care can I get while waiting?
- Is someone available to help answer questions about my care?
 - What hours are they available?
- Do they use telehealth?
- How can I get to their office?
 - Is it easy to park or find free parking?
 - Is public transportation available?



Have you learned everything you need to choose a doctor?

- Do you feel that you were listened to?
- Do you feel like they understand your needs?
- How comfortable did you feel with the doctor and office staff?
- Did they seem eager to help you?

