

# KINDLY DO, KINDLY DON'T: SUPPORT SCRIPT



Advocating for myself in the doctor's office

Name:

Preferred name:

Preferred Pronouns:

## What I need support for today

*List your concerns, behaviours and any issues or questions you'd like to address with your healthcare professional. Try to be as honest and open as possible.*

## My history

*List any pre-existing medical conditions, past treatments or medications you have used.*

## My goals for this appointment

*Start small – what do you hope to achieve? You could be seeking a diagnosis, need support with the physical complications of an eating disorder, or are looking for support in the community or more treatment options.*

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### What helps me

#### Examples

- *Involving me and my loved ones/support network (with consent) in my care and any decisions involving my care.*
- *Transparency – if you are unsure of how to treat eating disorders, please refer me to someone who can.*
- *I have trouble making eye contact, so please know that I am listening even if I don't appear to be looking directly at you.*

### What doesn't help me

#### Examples

- *I don't want to know how much I weigh. If you need to weigh me, please hide the number on the scale.*
- *Focusing on my weight, body size or BMI. Respect that I am more than just a number on the scale.*
- *Don't make assumptions about me or the eating disorder.*

### Note for health professionals

Quick reminder: eating disorders don't discriminate and can impact anyone, of any weight, body size, age, gender, ethnicity or socioeconomic status. A person's health, eating and exercise behaviours should not be assumed based on their size or appearance.

Butterfly recommends an anti-diet, weight inclusive approach to healthcare.

Need support with this? Contact [Butterfly's National Helpline](https://www.butterfly.org.au) on 1800 ED HOPE (1800 33 4673).

Access e-Learning for GPs [www.nedc.com.au/professional-development/elearning](https://www.nedc.com.au/professional-development/elearning)

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### Before the appointment:

- DO [Butterfly's screening tool](#) to help you know if you're at risk of an eating disorder. Print the results to share with your GP.
- DO reflect on what's helpful and harmful for you by completing the Kindly Do, Kindly Don't: Support Script.
- DO find a provider that is informed about eating disorders by searching [Butterfly's Referral Database](#).

### During the appointment:

- Share your Kindly Do, Kindly Don't: Support Script and talk it through if you feel comfortable.
- Make notes or consider bringing someone with you to take notes. You can also ask the health care professional if you can record the appointment.
- Ask your doctor to record your concerns in your patient file/chart, particularly if they appear to be dismissive of what they are.
- Agree on next steps. You might like to discuss how you will establish an eating disorder treatment team and what professionals will take part.
- If you feel the conversation is moving away from what you are there to discuss, if you feel comfortable, try saying:
  - *"I understand that, but can we move the focus back to..."*
  - *"Could you please explain why you have come to this conclusion?"*
  - *"I think there's something deeper going on. Can we unpack..."*

### After the appointment:

- Book in any follow up appointments or referrals.
- Connect with [Butterfly's National Helpline](#) for free counselling and advice by calling 1800 ED HOPE (1800 33 4673), chat online or email [support@butterfly.org.au](mailto:support@butterfly.org.au)
- If you feel like you weren't respected or heard, aim to find a new provider that is equipped to treat eating disorders by searching [Butterfly's Referral Database](#).