

# Finding General Practitioner (GP)

## *Information for Young People*

If you don't already have one, it's time to get a General Practitioner (GP).

It is important that all families have a GP. Even though you have diabetes and see a diabetes specialist regularly, it is still important to have access to a GP for other things like immunisation, injury, minor illnesses and other routine care. GP's are there to look after your overall health and to support you with your diabetes care.

If you are going to a group general practice it is a good idea to try and see the same doctor each time you visit. That way you will get to know each other and be able to develop a relationship.

Choosing a GP is a personal thing. A good GP is someone you feel comfortable talking to, knowing they are listening to what you are saying and are 'taking you seriously. It is a good idea to shop around for a GP that you click with.

Remember your GP isn't there **just** to write insulin scripts for you!

### **Reference/s:**

Livingston W., (2005) GMCT Transition: Getting Connected. Information for Young People