

THE RECOVERY DESK

PREMIUM EDITION

Language, Care & Recovery

Interpretation, consent and understanding care plans

Expanded guided resource

22 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

START HERE

How to use this premium edition

The original Language, Care & Recovery resource is preserved and followed by 12 new guided-practice pages tailored to interpretation, consent and understanding care plans.

Choose, do not complete

Start with the page that matches the present moment. Skip, pause or return later.

Use it with support

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

Test personal fit

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

Know the limit

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

Safety comes before completing a page

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

Before you begin

Culture can include family customs, migration history, language, faith, disability, gender roles, community ties, and the unwritten rules inside one household. These may differ even between relatives raised in the same home.

Use curiosity rather than assumptions. Ask the person how they describe their experiences and what they want. Family involvement and sharing information with relatives must respect consent and privacy.

A starting question

What matters most to each person about how we care for one another, and what would support look like without pressure or judgment?

This workbook includes

- Language needs
- Requesting an interpreter
- Information sharing
- Understanding a care plan
- A shared vocabulary
- After the appointment

LEARN / REFLECT / PLAN

What language feels safest?

A person may understand daily conversation but need interpretation for symptoms, benefits, medication, consent and crisis information.

A KEY IDEA

Ask privately what language and communication support the person prefers; do not assume fluency from their accent or background.

A fictional example

A parent speaks English at work but prefers another language for emotionally difficult medical information.

Your reflections

Which language is easiest for me when stressed?

Which communication format do I prefer (spoken, written, visual)?

ONE NEXT STEP

Write your preferred language and accessibility request.

PRACTISE / COMMUNICATE

Ask for language access

Before booking, ask the organization about qualified interpreter options, privacy practices, availability and possible costs in your setting.

Possible wording to adapt

Booking request

I would like to request a qualified interpreter in __ for this appointment. Is one available?

Privacy question

Will the interpreter be bound by confidentiality, and can I speak without relatives present?

Clarification

Please explain that again in plain language and allow time for interpretation.

Who will request assistance and when?

What is the backup if a qualified interpreter is unavailable?
