

## The Importance of

# BEING AN ADVOCATE

As a patient/client, friend, family member, or caregiver, you are an advocate for your health care or the health care of someone else. Advocating makes sure that the person you are advocating for gets the best health care possible.



## WHY BE AN ADVOCATE?



it improves understanding of the patient/client's goals and wishes



it creates a better experience



it increases knowledge and preparedness for the patient/client and healthcare provider



Advocating improves patient safety by creating a better health experience and result

Not sure how to be an advocate?  
On the back are some steps to help.

# Steps to Communicating with Health Care Professionals

**1** Take the first step, don't wait to be approached

**2** Be prepared with information

**3** Don't be afraid to ask questions and take notes

**4** Check in with yourself to see how you're feeling

**5** Address any cultural differences or issues that arise

**6** Follow up if you do not hear back in a reasonable amount of time

**7** Learn about moving through the health, community and social systems to overcome challenges in getting care and treatment

**8** Practice self-care. You cannot help others if you are not rested, informed, and calm about what is happening