

Self Advocacy & Patient Rights:

Know yourself

Self-advocacy is the key to you managing your own healthcare and health care options. You know yourself the best, so you are the best person for this job!

The MOST important step is learning everything about yourself that you can possibly learn:

Have you been diagnosed with a condition? If so, what is that condition/illness?

If not, are you feeling symptoms? If so, what are they? (if you have been diagnosed, list your symptoms as well)

What foods do you like?

What are your pet peeves?

What situations, foods, and environments exacerbate your symptoms?

What are your strengths?

What activities make you feel good?

Do you have hobbies?

What challenges you? How does it challenge you?