

BOOK PAGE 295

SELF ADVOCACY TOOLKIT

Use this to turn a concern into a clear, specific conversation. Bring facts, ask direct questions, and leave knowing what happens next.

What I am noticing

What changed, when did it start, how often does it happen, and how is it affecting daily life?

What I have already tried or learned

What I need from this conversation

- ☐ An explanation I understand
- ☐ A plan for what happens next
- ☐ Options and alternatives
- ☐ What to watch for / when to call
- ☐ A referral, test, second opinion, or other follow-up to discuss

Questions I want answered

Privacy reminder: This worksheet may contain private health information. Store it securely and share it only as appropriate.

STAY SPECIFIC

SELF ADVOCACY - AFTER THE CONVERSATION

- ☐ I can explain what the clinician thinks may be happening.
- ☐ I understand the plan and the reason for it.
- ☐ I know what I should do next.
- ☐ I know what symptoms or changes should prompt a call or urgent care.
- ☐ I know when I should expect results or follow-up.
- ☐ I asked for clarification when I did not understand something.

My notes / next steps: