

Self-Advocacy Script

Advocating for your needs is an integral part of the healthcare process. Here are some helpful phrases and questions to refer to during your next appointment.

Remember, your voice matters!

When you need clarification and understanding:

- "Could you please explain that in simpler terms?"
- "I want to make sure I understand. Can you go over that again?"
- "Is there any written information I can take home to review?"

When you need options and alternatives:

- "Are there alternative treatment options we could consider?"
- "What are the pros and cons of each treatment option?"
- "Can you explain why this treatment plan is recommended over others?"

When you need to express concerns and/or preferences:

- "I have some concerns about [specific aspect(s) of treatment]. Can we discuss this further?"
- "I prefer to explore [specific preference] options first. Can we discuss alternative approaches?"
- "It's important to me to maintain [specific aspect of lifestyle]. How might this treatment plan impact that?"

When you need more information:

- "Could you provide more details about the potential side effects of this medication?"
- "What are the possible risks and benefits of this procedure?"
- "Can you recommend any reliable resources where I can learn more about my condition?"

When you need information about follow-up care:

- "What should I expect after this procedure/treatment?"
- "When should I follow up with you after today's appointment?"
- "Who should I contact if I have questions or concerns between appointments?"

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When you need clarity on next steps:

- "What steps do I need to take to prepare for this upcoming procedure?"
- "Can you outline the timeline for my treatment plan?"
- "What are the signs or symptoms that I should watch out for and report?"

When you need to assert boundaries and preferences:

- "I'm not comfortable with [specific aspect(s) of treatment]. Can we explore other options?"
 - "I prefer to be involved in the decision-making process regarding my care. Can we discuss this together?"
 - "It's important to me to maintain my autonomy and dignity throughout my treatment. How can we ensure that?"
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