

# SELF-ADVOCACY

{A WAY TO MAKE YOUR VALUES, PREFERENCES, AND NEEDS HEARD}

## MAKING DECISIONS

- Using fact-based information
- Identifying when *you* have the chance to make a decision
- Weighing the positives and negatives of an option
- Putting your priorities first

## EMPOWERMENT

- Knowing you are valued!
- Getting help from others
- Supporting others with cancer
- Raising awareness about cancer and sharing your story

## TALKING WITH YOUR HEALTHCARE TEAM

- Asking questions to your team
- Sharing your opinions and preferences
- Communicating past experiences
- Describing concerns to healthcare providers



leads to



## BENEFITS OF ADVOCATING FOR YOURSELF!

better health results

better control over symptoms

## When is self-advocacy important?

- when talking with your healthcare team
- to find information on cancer and treatment
- to ease your symptoms
- to make decisions about your cancer
- to get support from your friends and family
- when learning how to ask for help

self-advocacy **allows** your healthcare team to know **YOUR** goals and help