

Self-advocacy allows patients to....

- *manage their treatment and related symptoms
- *maintain a good relationship with their providers
- *receive support

Self-advocacy is needed due to...

- *emotionally challenging situations regarding diagnosis and treatment
- *feeling inadequately equipped to discuss with their cancer team

A STEPWISE OVERVIEW: CABAP

1 Clarify priorities, needs, values

2 Assess ability to self-advocate

3 Build on self-advocacy strengths

4 Assist patients who struggle to self-advocate

5 Promote ongoing self-advocacy

ASK PATIENTS THEIR LEVEL OF COMFORT:
communicating with their cancer careteam;
 making *informed* decisions;
 getting and giving *support* from others.

PATIENTS WHO STRUGGLE WITH SELF-ADVOCACY:

AT RISK for *not* receiving patient-centered care!!!

- tend to be populations with lower levels of income, education, and insurance

PATIENTS WHO ARE STRONG SELF-ADVOCATES:

DO NOT EXPECT CONTINUAL SELF-ADVOCACY from patient;

changes may occur during course of treatment

- acknowledge patient concerns, encourage them to ask questions, validate them, and offer continual support

HOW PROVIDERS CAN HELP:

- *listen for and address patient concerns
- *direct patients in decision making processes to ease patient stress
- *inform patients when their voice is most needed

not all strong self-advocates want to be advocates