

ACTION UPDATE SELF-ADVOCACY

Fold 3



Fold 2

Fold 1

What is self-advocacy?

Self-advocacy is about having your say and being heard about the things you want, need or like. You do it when you speak up for yourself, when you decide what YOU want to do about something now or in the future, You are a self-advocate.

Self-advocacy means understanding your strengths and weaknesses, developing personal goals, standing up for yourself, and making decisions about the choices you have.

Self-advocacy means making sure people who make decisions about your treatment involve you in decisions and that you have and the support that would help you meet your needs.

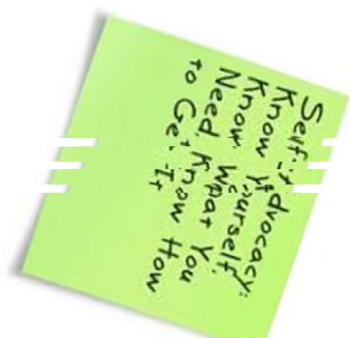
Here's some useful tips to help you get the most out of your appointment.

We know it can be frustrating...

When you walk out of an appointment and realise that you didn't get what you wanted.

Self-advocating means that you continue to learn, make yourself heard, and understand your rights and your choices. Your experience makes you an expert in YOU! Remember:

- **Speak-up** about the things that are important to you.
- **Ask people** for explanations if you don't understand, ask for explanations of jargon.
- **Make time** to explain what it is that you want or need, ask questions and explain feelings about a decision or treatment.



Groundswell Homeless Health Peer Advocacy

Do you need help getting to health appointments? Groundswell Peer Advocates supported people to over 2500 health appointments last year. Ask a key worker to refer you or get in touch.

Phone: 03000 039 600

Email: HHPA@groundswell.org.uk

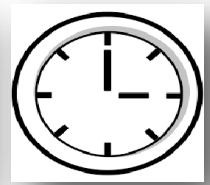
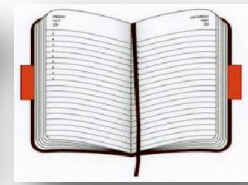
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ACTION UPDATE! SELF-ADVOCACY



GSCOM

1:40 PM



Action Update messages - Tips for self-advocacy

Diary. Start as you mean to go on! It's important to keep a record of all appointments. This will show that you have personal responsibility and are able to manage your time. If you have more than one appointment can you manage to get to them within the time frame?

Information is power. Get to know what the issues are, do some research - look on line, try the library or ask someone what worked for them, what treatment is available or medication that's available. The more information you have the better position you will be in to make choices about your health.

Plan. If you have an appointment, write down what you want to cover in the allotted time. It's good to have a fall back plan and make sure you get the answers to your questions - this will help to clear your head.

Believe in yourself. No one knows you better than yourself. If something doesn't feel right say so.

Talk clearly. Don't rush. Ask if they have understood what you are asking. Don't be aggressive or raise your voice, speak how you would like to be spoken to.

Take notes. It's ok to keep a record of the information you are given in the appointment. This will help with self-advocacy, and give you a better understanding.

Challenge yourself. We all have off days, but if we have made commitments we should stick to them, or be polite and cancel the appointment. No one likes to be left hanging around.

Get help. It's normal to ask for help. If you feel that something is too much to manage on your own, then tell someone - a problem shared is a problem halved.

Reflect. Take five minutes after the appointment and put down on paper what happened, what worked, what did not. Start to map out the plan for the next time and make a note of the follow up appointment time and date.