

Choosing A Health Care Advocate

EXERCISE: Your parents and family have probably been your health care advocate since you were born. As you get older, you may begin thinking about moving out on your own or with others your own age. Talk to your family about finding someone else you can rely on to help with your health care decisions and planning.

Conduct an interview with the person(s) you and your family think may be a suitable health care advocate. Try asking some of these questions before you make your decision.

- Would you be willing to learn about my health condition, treatments, concerns & problems? Yes No
- Do you have the time and ability to take me to appointments if I should need your help? Yes No
- Can you understand me easily? Yes No
- Are you comfortable talking to doctors, nurses and other health care providers? Yes No
- Do you have any past experience dealing with health care providers, services and hospitals? Yes No
- Will you keep things confidential / private? Yes No
- Can you write down information in a way that is easy to read and understand? Yes No
- Will you help me even when my choices are different from what you think is in my best interests? Yes No
- Do you see me as an individual capable of making my own decisions? Yes No



My chosen Health Care Advocate



- Am I comfortable with this person?
- Do I understand this person?
- Am I confident this person will help take care of me and assist with decisions that will keep me healthy and safe?

Name: _____

Phone Number: _____

Date: _____