

A Health Care Advocate

What is a Health Care Advocate?

A health care advocate is someone (a family member or friend) who will speak with health care providers on your behalf when you are not able to do so. For most, parents and family members act as health care advocates. As you get older, you will want to think about others who may be able to assist you in this way.

What are the responsibilities of your Health Care Advocate?

- To be knowledgeable about your health condition, treatments, concerns, and problems.
- To ensure your records are up-to-date, and plan for appointments ahead of time.
- To help with communication between you and health care providers.
- To help you write down all treatment plans in your personal health records.
- To keep your information private.
- To understand your feelings and beliefs about your plan of care and treatment.
- To be a voice for you when you are not able to communicate for yourself.

How do I choose a Health Care Advocate?

Make the choice with your family and people who know you best. Choose someone who:

- lives close to you and can help you get medical help when you need it,
 - knows you very well and is interested in your well-being,
 - can understand your feelings, communicate well with you, and whom you can trust.
- A health care advocate is also able to communicate well with those who will be involved in your care.

Who should know about your Health Advocate?

Everyone who is involved in your care: your family, health care providers, and friends.

