

Taking Responsibility for Your Care

- ▶ **Be Informed** - ask questions. Look for answers and read about your condition and health. Attend workshops and classes that teach you about health.
- ▶ **Be Honest** with your care provider, your family and yourself.
- ▶ **Be Positive** - look for the good in opportunities and change.
- ▶ **Be a Good Consumer** - get all the information you need before you make the purchase (or choose a care provider or make a decision or consent to a treatment/surgery).
- ▶ **Be Your Own Advocate** - respect your own need for privacy and confidentiality - *ask for it!*

