

## The Mastering Advocacy System<sup>SM</sup>

### 10 Key Components to Personal Healthcare Advocacy

#### # 1 - Master The Issues

Learn about the systems, processes, and people you are going to interact with and explore any controversies surrounding them.

#### # 2 - Own Your Values, Needs and Desires

Do a self-assessment of what you value, need, and want then develop a plan for how you can best get those needs met.

#### # 3 - Maximize Research

Search journals, books, and the internet for scientific research to support the evidence basis for your decision-making.

#### # 4 - Meet Your Community

Find others who are like-minded and are having similar experiences to learn from each other and get support.

#### # 5 - Assemble Your Team

Hire professionals to assist you on your journey so that you are well-educated, well-supported, and well-cared for in accordance with your needs.

#### # 6 - Survey Your Options

Learn about all the options available to you at each step of your journey, and the benefits and risks associated with those choices.

#### # 7 - Tell Them What You Need and Want!

Be an active partner by voicing your values, needs, wants, concerns, thoughts and opinions.

#### # 8 - Anticipate Change

Recognize the opportunities for personal growth in your experiences.

#### # 9 - Give Feedback and Share Your Story

Your thoughts and opinions about your experiences can influence change and impart wisdom to others.

#### # 10 - You Are the Changemaker

Take action to make positive changes in the larger system where they are necessary.

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