



Give a Voice to Your Health Care Concerns

PATIENT ADVOCATE SELF ASSESSMENT

	Please mark your answer next to the question.	Yes	No	Maybe	
UNDERSTANDING WHO YOU ARE					
1	Do you like to like to get involved in other's problems?				
2	Do you like to be in control?				
3	Do you like to be responsible?				
4	Do you like caring for others?				
5	Do you like to listen to what others are saying?				
YOUR PHYSICAL SIDE					
6	Are you in good health?				
7	Are you physically able to care for yourself or someone else?				
8	Are your health care needs being met?				
YOUR EMOTIONAL SIDE					
9	Have your feelings changed due to an event or over time?				
YOUR SOCIAL SIDE					
10	Are all your needs being met by family or friends?				
Please add your entire Yes, No and Maybe Answers, total across here.					

If you have 8-10 Yes answers; Congratulations! You are a Patient Advocate. You are prepared to speak for yourself and may be able to help others. You may want to join groups of Advocates to find more resources.

If you have 5-7 Yes answers; Congratulations! You are on the right track. You are getting prepared to take responsibility for your health care and that of others. A Professional Patient Advocate can provide guidance.

If you have 0-5 Yes answers; Congratulations! You have taken the first steps towards advocating for yourself or someone else, by recognizing that you need help in developing and prioritizing a plan. A Professional Patient Advocate can help you find resources or can advocate for you.

WHAT DO PATIENT ADVOCATES DO?

- RESEARCH HARD TO DIAGNOSE CONDITIONS**
- FIND OPTIONS FOR CHRONIC CONDITIONS**
- LIAISON WITH FAMILY, FRIENDS & OTHERS**
- LIAISON WITH HEALTH PROFESSIONALS**
- FIGHTS FOR YOUR RIGHTS**

RESOURCES YOU CAN USE

[Medicare.gov](http://www.Medicare.gov) or 1-800-MEDICARE
 NYS Health Insurance Counseling 1-800-701-0501.
 CALL 311 Ask for Senior Services
<http://eldercare.gov>
<https://www.benefitscheckup.org>

PLAN & PRIORITIZE

- Make a list for the health issues to resolve.
- Make a list of the physical barriers.
- Make a list of emotional issues to resolve.
- Number the items according to priority.
- Make a time line for each.
- Add new items to the bottom.
- Contact a Professional Patient Advocate