How to be Your Own Health Care Advocate

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Terrye Sukari Finley * Molly Kennedy * Brian Zralek
YOU ARE ONLY AS HEALTHY AS YOU WANT TO BE
Health Literacy

The degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions.

Healthy People 2020
Health Promotion

Those actions we do to stay healthy. Included are everyday decisions about eating, exercise, and rest.
Health Care and Maintenance

Those actions we do when we seek advice or help from health care professionals, whether we are well, ill, in recovery, or when we need to manage a chronic disease. Included are well baby visits, checkups, and advice and care when we do not feel well.
Health Literacy Materials

Health materials are often complex, contain scientific terms instead of everyday language, and are written at reading levels beyond the level of difficulty.
Plain Language

A way of communicating that everyone in your audience can easily understand. There are various plain-language writing and design techniques and several important benefits for using them.
Why Health Literacy is Important

- Make More Informed Decisions about Your Health
- Prevent Relapses
- Better Health Outcomes
- Few Complications
- Clear and better communication with your medical provider
It's Ok to Ask Your Doctor

- To Slow Down When Speaking
- Use Plain Language when speaking and written materials
- Show or Draw Pictures
- Only provide the key points to avoid information overload
Navigating the Health System

- Complex
- Know health insurance
- Become a partner with your medical provider
- Explore all options to assure you get the best care
Self Advocacy as It Relates to Your Health

A person that makes an informed decision about a matter of importance to her or him, and then takes responsibility for bringing about the change necessary to make that choice a reality.
Steps to Be a Health Advocate

• Understanding Your Own Health
• Preparing to see your doctor – do your homework
• Ask questions
• Build a relationship with your doctor
• Ask for Information in Plain Language
Health Advocate

- Trust Your Health Care Provider
- Keep Personal Medical Recorders
- Understand My Health
- Understand & Follow Treatment Plan
- Communicate Your Health Priorities
- Know & Manage Health Risks
- Understand my health insurance
- Manage My Chronic Illness
- Bring a friend

ASK QUESTIONS
Health Care Journal

Review Health Care Journal

• Keeping Track of Your Health Care Information

• Understand Your Health History

• Help you be prepare for medical appointment
Sharing Your Wisdom

- How you encounter barriers when accessing health care services?
- How do you build a good relationship with your doctor?
- How do you advocate to assure you get the best health care services?
HCH Advocacy

- Talk to your provider about volunteering on your HCH CAB
- Tell your story
- Make changes at your HCH
- Connect to the National Consumer Advisory Board
HCH Advocacy

- Policy advocacy
- Policy implementation:
  - Help with outreach for Affordable Care Act/MediCal
  - Other?
Thank you!
Contact Information

Terrye Sukari Finley - tsukariyah@gmail.com
Molly Kennedy – mollykennedy1969@gmail.com
Brian Zralek – bzralek@nhchc.org

THANK YOU!!