

Self- Advocacy

“You had a **stroke**

BUT

You are **NOT** a victim

You are a **SURVIVOR**”



Self-Advocacy

- Advocacy: Support or pleading for something
- Self-advocate: Speak up for yourself about things that are important to you.



- **Advocate** for yourself
- **Make** your own **decisions**
- **Speak** your mind
- **Request** your wants
- **Express** feelings
- **Stand up** for needs
- **NOT** afraid to ask for help
- **NOT** afraid to say NO



Why is self-advocacy important?

- **Empower yourself**
- **Have independence**
- **Make the most of recovery**
- **Improve quality of life**
- **Take control of life**



Self-Advocacy Steps

Step 1: Prevent another stroke

- **Take care of yourself**

Follow doctor's recommendations

- **Educate yourself**

Learn about **stroke**

Learn about **aphasia**

Ask for **resources**

Browse **internet** or ask for help

Talk to **social worker**

Or **case manager**

Contact National Stroke Association

Visit www.stroke.org

Call 1-(800) STROKES

Step 2: Determine your wants and needs

- **WHY?**
 - **IF** you better understand your wants and needs
 - **THEN** you can find resources to accommodate
- Talk with social worker and therapists
- If **YOU** know, **YOU** can **advocate** for **yourself**

Physical Needs



- Think about **movement**

- Can you move **independently**?

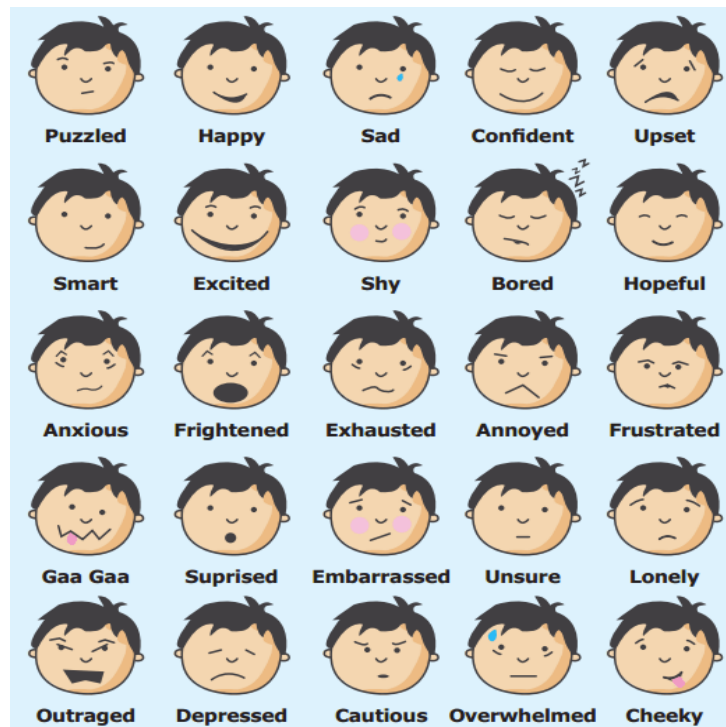
OR

- Do you need **wheelchair** or **walker**?
- Can you **dress yourself** or **shower** without help?
- Any **vision** or **hearing** problems?
- Any special **health needs**?

**Talk about these things with doctor and
therapists**

Emotional Needs

- Think about your **feelings**



- Experienced **depression** or **anxiety** in the **past?**
- Feeling **depressed** or **anxious** now?
- Any other **emotional** or **mental difficulties?**

- Prefer social activities **WITH** people?

OR

- Prefer time **WITHOUT** people?

Recovery Needs



- What **improvements** do **YOU** want to make?
- What **services** or **therapy** can help?

Financial Needs



- What are your **financial resources**?
 - **Insurance**?
 - Government **assistance**?
 - Medicare, Medicaid, Social Security?
 - Financial **concerns**?

Caregiver Needs



- Do you have a **caregiver**?
- Is your **caregiver healthy**?
 - Physically healthy?
 - Emotionally healthy?

- How is the **layout** of your **home**?
 - Physically / emotionally **appropriate**?
 - Safe space?
- How does **family member feel** about **new role**?
- How has **stroke** affected **relationships**?

**Talk with case manager, social worker or
therapists for help**

https://www.aphasia.org/aphasia-resources/aphasia-caregiver-guide/?gclid=Cj0KCQiA48j9BRC-ARIsAMQu3WRPdK4R5vTW-uNL8SAqjdadTpYpsxiJBRhvmtetbwbdWOJE4w5MPboaAj8WEALw_wcB

Step 3: Set goals



- When **returning home**, you may **feel**
 - Overwhelmed
 - Confused
 - Discouraged
- Consider your **current abilities**
- Set **REALISTIC** goals to help

- **Center goals around:**

Physical rehabilitation

Communication

Recreation/hobbies

Social life

Family life

Personal life

- **Helpful tip:** create a **timeline** for goals

- **Collaborate** with:

Physical therapists

Occupational therapists

Speech therapists

Family and friends

Support groups

Step 4: Make informed decisions

Some people choose **conventional medical approaches**



(physical therapy, medications, etc.)

Some choose **alternative approaches**



(herbs, acupuncture, etc.)

Others choose a **mix**

(**BOTH** physical therapy **AND** acupuncture)

How to determine which approach is best for you

- Be **active** in your therapies and medical decisions
- **Request for communication assistance** if not available

Ask for a **white board** and **marker**

Ask for **yes/no** options

Ask for **visual aids**

Ask **caregiver** to help if needed

- **Ask for evidence** behind a **technique**

Ask **WHY** it works

Ask **how it will work for me**

- If you do **NOT** like something, **request a change**
- Use **Medline** (www.pubmed.gov) to **learn** more about **treatments**

Ask for **help** if needed

- Be **skeptical** if treatment **only** has **subjective claims**
- **Multiple studies** should occur with any treatment
 - Be **skeptical** if only **ONE** or **NO** studies
- Be **cautious** of **infomercials**

Always **ask** a **medical professional**

- **Inform** doctor of **alternative** medicines/therapy

Resources

- <https://www.lvhn.org/sites/default/files/uploads/PDFs/Stroke-Recovery.pdf>
- <https://rdavislawoffice.com/alabama-adult-guardianships-conservatorships/>
- <https://www.additudemag.com/stand-up-for-yourself-assertiveness-adhd/>
- <https://www.stratadecision.com/healthcare-hospital-decision-support/>
- <https://www.sayitwithsymbols.com/health-care/>
- <https://www.iup.edu/special-ed/speech/services-offered/acquired-neurological-disorders/>
- <http://clipart-library.com/wheelchair-cliparts.html>
- <http://www.dtteaching.com/2014/12/07/emotions-feelings-moods-facial-expressions/>
- <http://clipart-library.com/dollar-bill-cliparts.html>
- <https://www.verywellmind.com/what-is-group-therapy-2795760>
- <https://www.ucsfhealth.org/education/caregiver-information>
- <https://www.insurance-relief.com/blog/career-goals-2020/>
- <https://www.nccih.nih.gov/health/are-you-considering-a-complementary-health-approach>
- <https://medium.com/conquer-magazine/alternative-complementary-or-integrative-medicine-734788f8298d>

- <https://exerciseforinjuries.com/9-secrets-of-happy-people/>
- https://www.aphasia.org/aphasia-resources/aphasia-caregiver-guide/?gclid=Cj0KCQiA48j9BRC-ARIsAMQu3WRPdK4R5vTW-uNL8SAqjdadTpYpsxiJBRhvmTetbwbdWOJE4w5MPboaAj8WEALw_wcB