



Westchester Institute
for Human Development

<https://www.wihd.org>

Welcome!

Community Support Network Transition Institute 2022



Claire Polin

CPolin@WIHD.ORG

Member of WIHD Speakers Network

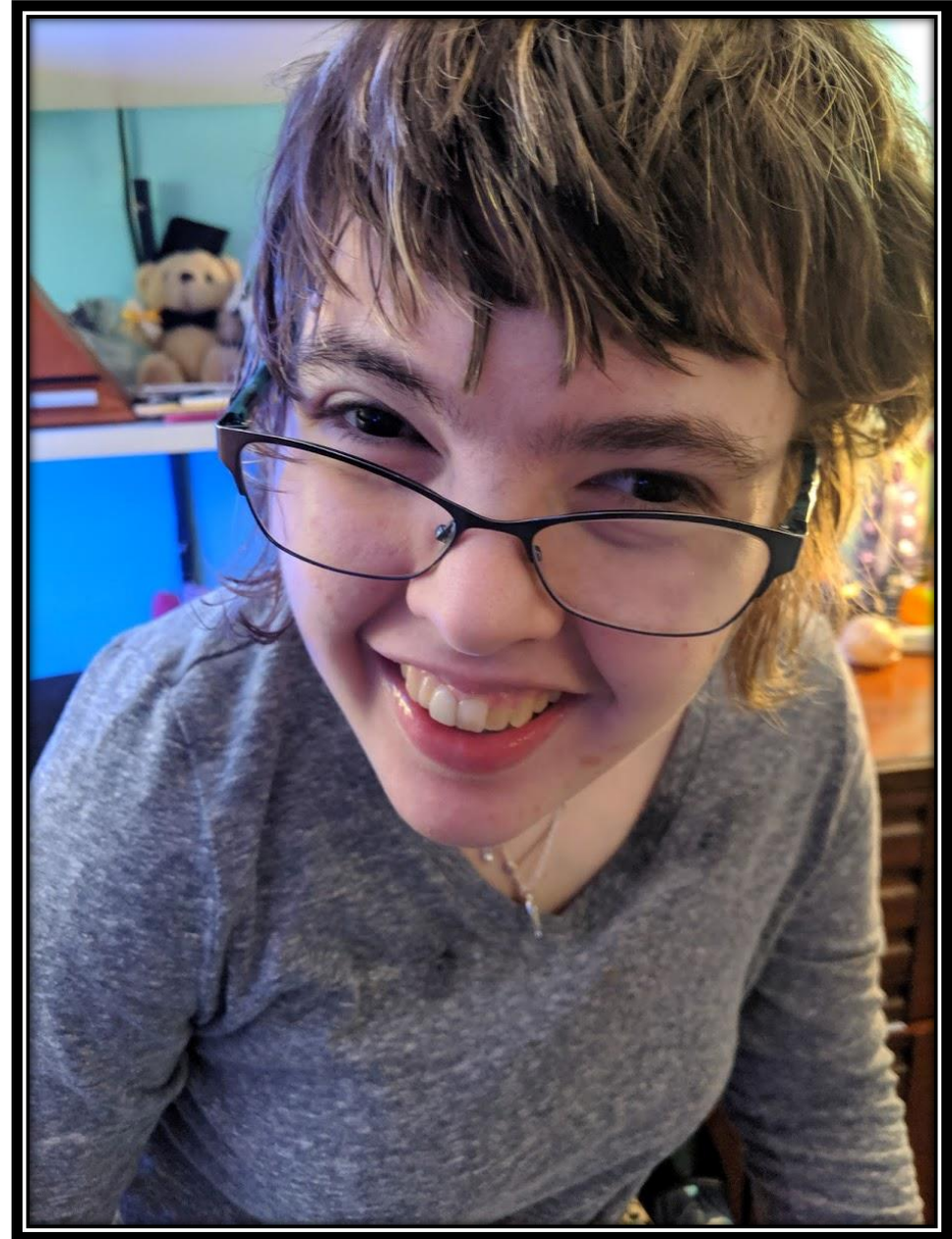


Working with medical providers

STRATEGIES TO EFFECTIVELY ADVOCATE FOR WHAT YOU NEED TO BE HEALTHY

I am Claire

- I want to have a happy life
- I have a loving family
- I want to be in a loving relationship
- I like having lots of friends and going out in the community
- I want to be in good health



What I love to do:

- I love to volunteer in my community
- I am involved in a social group called “Hear our voices” that provides social opportunities for people with Disabilities
- I mentor students with disabilities
- I enjoy speaking to people about disability issues



But...let's face it...
That is not what you
see when you meet
me.

Ask yourself...
What do you see?



Let's get the labels out of the way

- I have a diagnosis of Cerebral Palsy
- I have a diagnosis of Bipolar Disorder
- I have a visual impairment

Being around doctors is kind of an occupational hazard of living my life



And yet... no one is teaching self-advocates how to work with their medical team.

- It is intimidating to talk to a medical provider
- We feel rushed or pressed to speak faster than we are comfortable with in the moment.
- Many times, medical providers are dismissive towards us and keep looking to speak to the “adult” in the room.
- We want to be part of the conversation but don’t know where or how to start.

Here are my top 10 suggestions for self-advocates.

The image features the words "TOP 10" rendered in a bold, three-dimensional, lime-green font. The letters are thick and blocky, with a slight shadow cast beneath them. Below the text, there is a white, glossy surface that reflects the letters, creating a clear mirror image of the "TOP 10" text. The background is plain white, and the entire scene is framed by a thin blue border.

1

It's ok if it feels scary to speak up

2

Don't let someone that
doesn't know you define who
you are or what you can do.

3

You don't have to be the loudest voice in the room to effectively advocate for yourself.

4

Instead of “Why me?”,
try “Why not me?”

5

Take a seat at the table, be part of your medical journey.

6

Prepare for situations, have
some frequent answers
ready.

7

Tell the people closest to you how you want to be supported in a medical setting.

8

Remember the end goal: A
healthy body and a
healthy mind.

9

Prepare and practice
for phone calls.

10

Trust in your capacity to
learn to be an effective
self-advocate.

It can happen!



Questions?