



## **What does personal advocacy mean?**

An **advocate** is someone that supports a certain cause. During your appointments, we want you to feel confident to be an advocate for yourself!

## **How do I do it?**

### **Communicate**

- Don't be afraid to ask questions, or ask for what you need
- Discuss your concerns and excitements with your medical team
  - Dialysis Staff will always support you and encourage what's best for you or your child.
- Negotiate and compromise when possible

### **Ask yourself important questions to be self-aware**

- What do I want?
- What are my goals and dreams?
- What kind of support do I need?
- What do I know about my kidney disease? Do I need to learn more?
- What am I responsible for?

### **Know your rights**

You have the right to:

- Be informed and participate in all aspects of your care.
- A safe treatment and environment
- Privacy and confidentiality
- Respect, dignity, and recognition of individuality and personal needs
- Have your questions answered
- Express concerns in a non-threatening environment
- Be educated about your disease and treatment options

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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