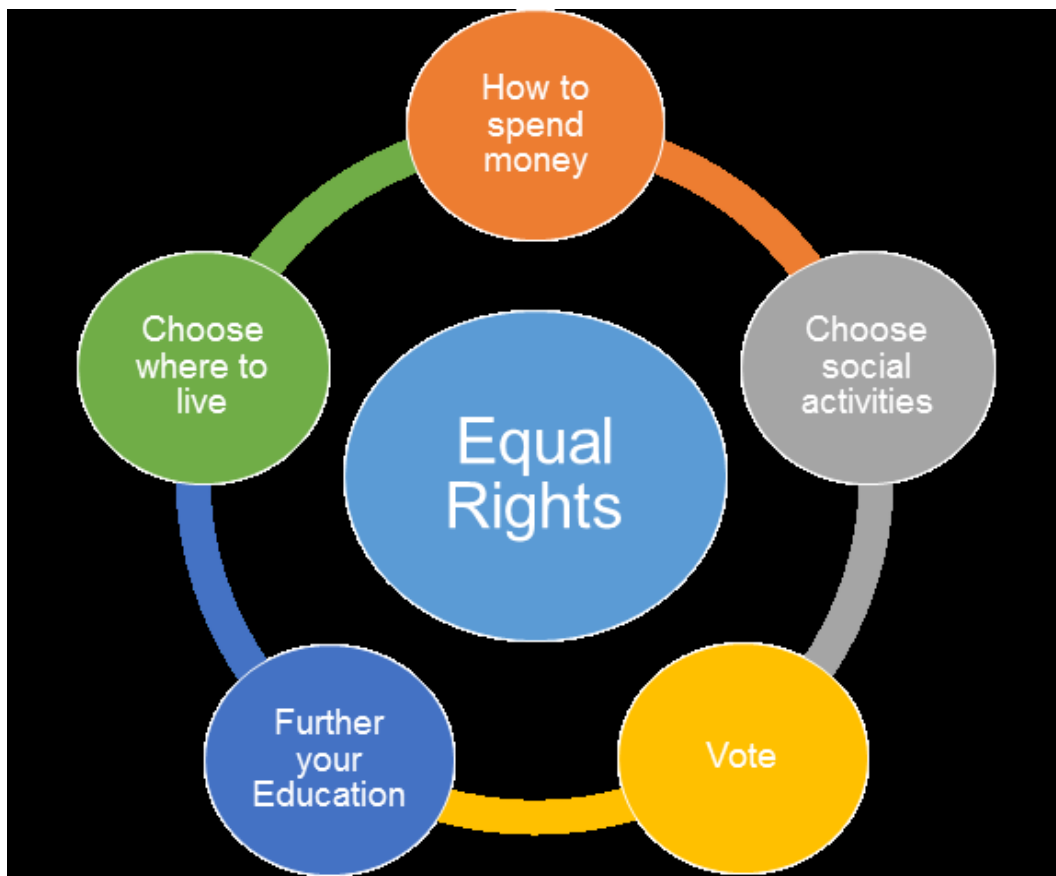


Worksheet Session 1 ♦ My Voice, My Care

Write down the places you can be a self-advocate?

Why do we use our voices?



List 2 reasons why you might need to find a new doctor:

1. _____

2. _____

How do you get to your doctor's appointments?

(Circle your answer)



Walking



bus



Plane



Car



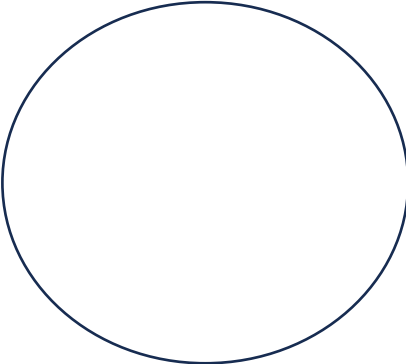
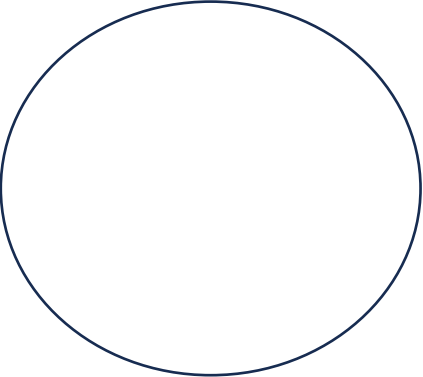
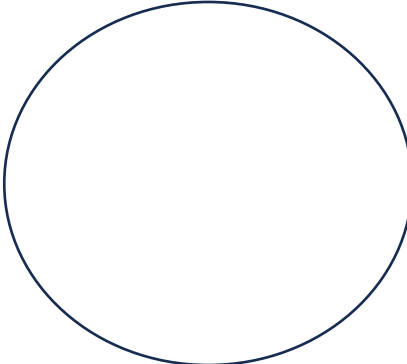
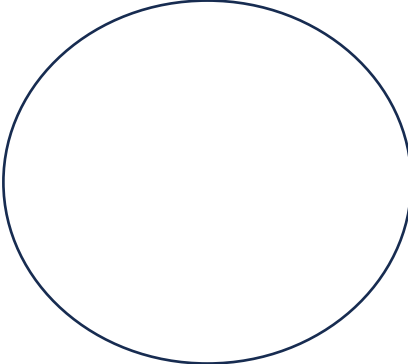
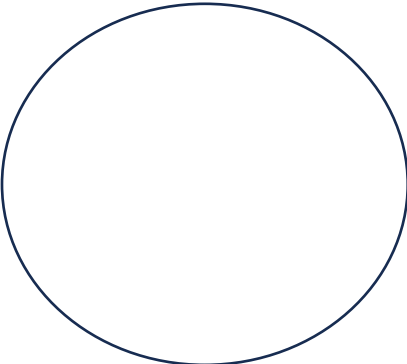
Bike



Taxi

What accommodation(s) might help you?

Write your name in the middle circle and the names of four people who support you in the other circles.



Acknowledgement

The Iowa Taking Charge of My Health (TCMH) curriculum, including power points, worksheets and fact sheets is inspired by Oregon's University Center for Excellence in Developmental Disabilities (UCEDD) Taking Charge of my Healthcare Toolkit which can be found at <https://www.ohsu.edu/oregon-office-on-disability-and-health/taking-charge-my-health-care>.

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The information provided is for general use and not medical advice or intended to address any individual situation.

