

How to Be an Effective Advocate for your Client or Loved One

Life can become frustrating and discouraging for people who have difficulty perceiving, communicating, or travelling - especially when circumstances are unfamiliar. An advocate can help by clarifying options, helping their client or loved one make their own choice based on their own values, communicating that choice and doing the practical things necessary to implement the choice.

Principles of Effective Advocacy

- ❑ **Be present physically, mentally, and emotionally**
 - If this is difficult for you, consider hiring a professional care manager!
- ❑ **Know the options and best practices**
 - Utilize the experts to keep you updated
- ❑ **Ask for informed choice**
 - Clarify the options and let your client or loved one make their own choice
- ❑ **Communicate choices to others**
 - Preventing or resolving communication problems can work wonders!
- ❑ **Handle the logistics**
 - Follow all the little details to the end, and be sure everything is working
- ❑ **Create empowering solutions**
 - Make collaborative changes that build trust and help the whole care team
- ❑ **Watch for gaps**
 - Be vigilant for unmet needs, especially during transitions like from hospital to home

For more information, visit www.CareisThere.com