SUGGESTED ADVOCACY STRATEGIES

Laws protect your right to use what you need to access healthcare under the Americans with Disabilities Act, Section 504 of the Rehabilitation Act and Section 1557 of the Affordable Care Act. Many of the strategies we recommend are reasonable accommodations for your disability and should be provided upon request.

IF THIS HAPPENS.... YOU CAN:

Condescending communication	Restate what you think the person meant
Convoluted communication	Ask for clear, direct questionsRestate what you think the person meantAsk for a written summary
Criminalizing communication	Request time and space to self-sootheAsk to work with another person

IF THIS HAPPENS.... YOU CAN:

Ignoring	 Prepare a list of concerns ahead of time Initiate communication directly State: "Please write in my chart that you refused my request today."
Invisibilizing	• Premade cards with strategies to on how to make yourself visible
Inspiration porn	 Respond only to things related to the actual topic Have a sarcastic remark prepared Ask to work with another person

GENERAL RECOMMENDATIONS

- Ask for a support person
- Request a written summary, to record the interaction, if needed in your state
- Take careful notes
- If accessible, send a message prior to your appointment to state concerns
- Schedule appointments, if possible, when most convenient for you
- Ask things to be explained a different way or ask questions if you do not understand
- Be prepared with personal care items, snacks, chargers and tools for regulation and communication in case of delays







The information provided in these materials does not, and is not intended to, constitute legal advice; instead, all information, content, and materials available on this site are for general informational purposes only. While we have tried to include as many situations as we could, your situation is unique and we suggest that if possible that you contact an advocacy organization or attorney for individual advice.