

Speaking up for yourself



Speaking up for yourself means knowing what you need and communicating that clearly to others. This might be with family, friends, health professionals, work or daily life.

Speaking up for yourself is knowing:

- Yourself e.g. symptoms / side-effects
- Your needs and how that fits within your life
- Your limits e.g. who you involve in care decisions / what work you can manage / what your body and mind can do

'The wisest thing I can do is be on my own side, be an advocate for myself and others like me.'

- Maya Angelou

Questions to ask yourself:

- What challenges do you have speaking up for yourself?
- What makes it easier for you to speak up for yourself?
- What did you learn from this experience?

Helpful hints and tips:

- Learn about your diagnosis and treatment from trusted sources
- Ask questions—write them down first
- Share your priorities and problems
- Think about possible solutions or actions
- Take someone with you to appointments
- Talk to others for different views
- Connect with people who understand cancer
- Start speaking up in small ways and build up
- Ask a trusted person to advocate for you
- Get a second opinion if you want

Resources

Click on each resource to follow the link

[Questions to ask your doctor](#)
[Leukaemia Foundation](#)

[Charter of Healthcare Rights](#)
[Australian Commission on Safety and Quality in Health Care](#)

[Being Assertive: reduce stress, communicate better](#)
[Mayo Clinic](#)

[Information about healthcare complaints](#)
[Australian Commission on Safety and Quality in Health Care](#)



For more information, go to the Leukaemia Foundation website or call 1800 620 420.