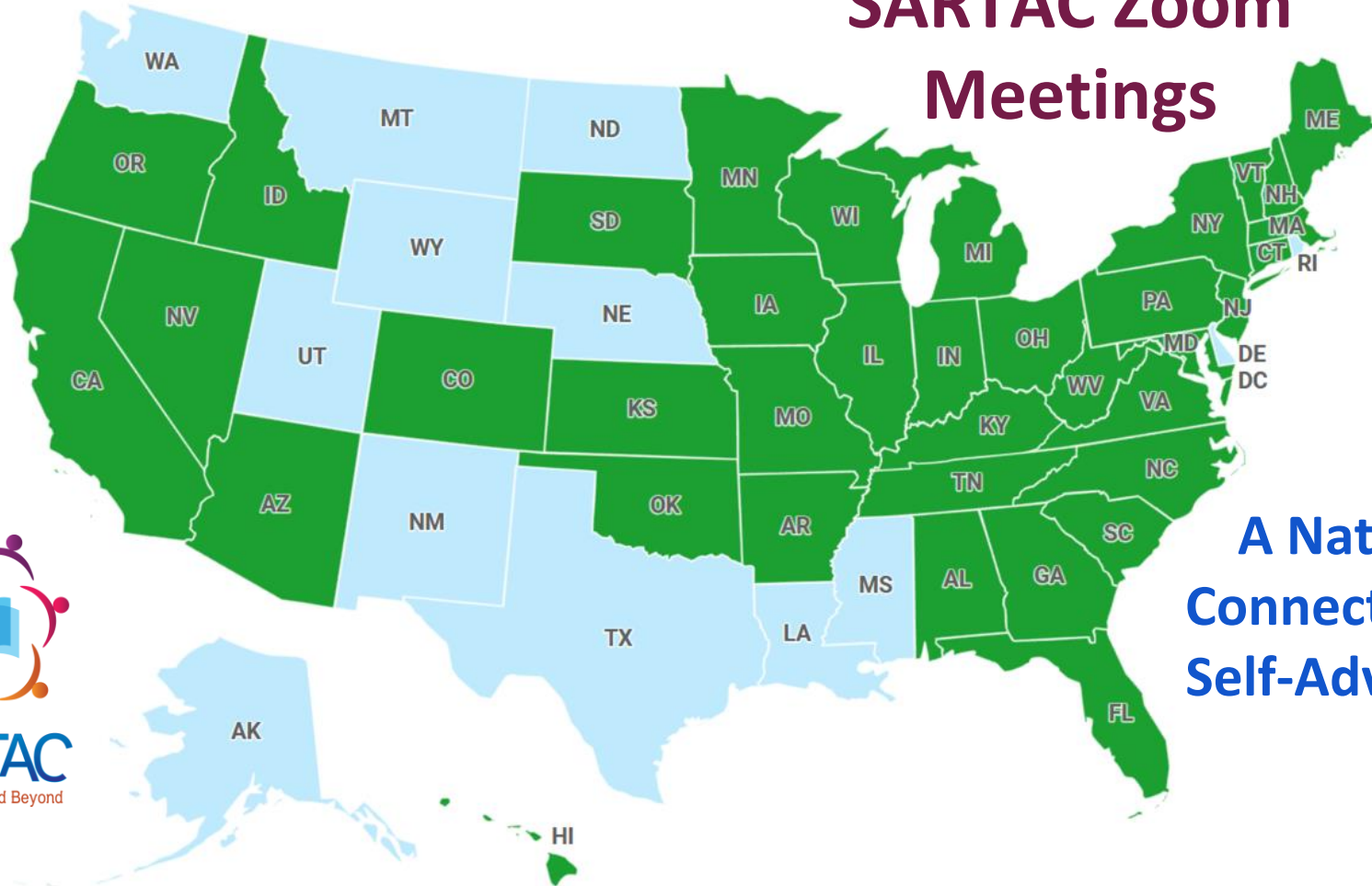


# SARTAC Zoom Meetings



**A National  
Connection for  
Self-Advocates**

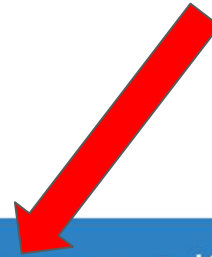


<https://selfadvocacyinfo.org/>



Self Advocacy Resource and  
Technical Assistance Center

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Current Issues  
Resources

Organization  
Resources

SARTAC Zoom  
Meetings



**Two Clicks - #1 Click on Resources then #2 Click on SARTAC Zoom Meetings**



## Body Mapping

You can use Body Mapping to find out "what's hurting."

You create a body map using drawing and stickers. It is a way to show what you feel in different parts of your body.

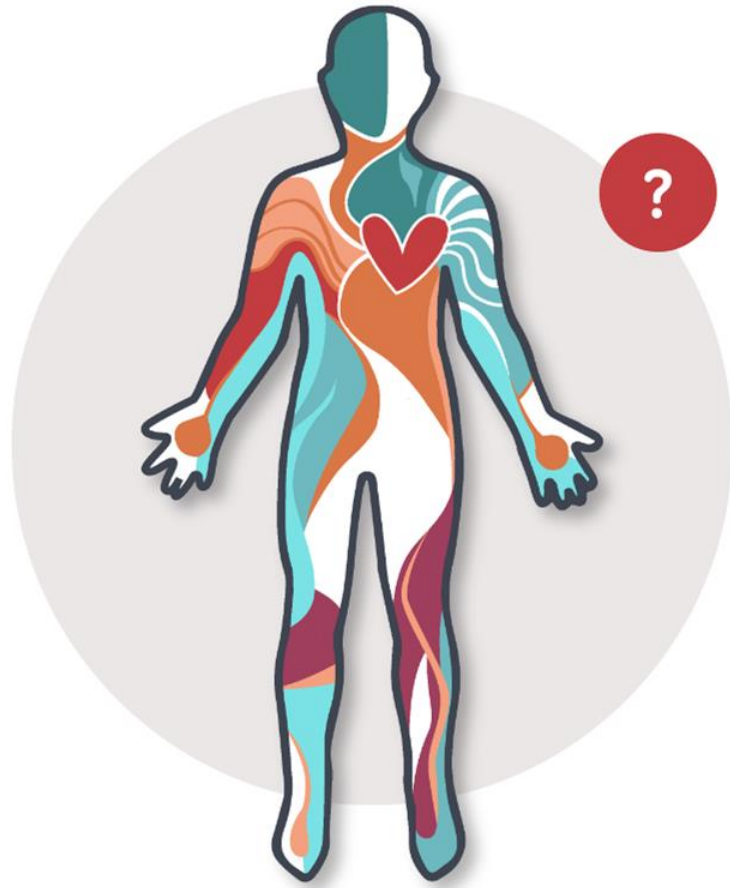


Photo of a Green Mountain Self-Advocates Workshop

## Body Mapping

You can pinpoint and mark exactly where you are experiencing a health related condition.

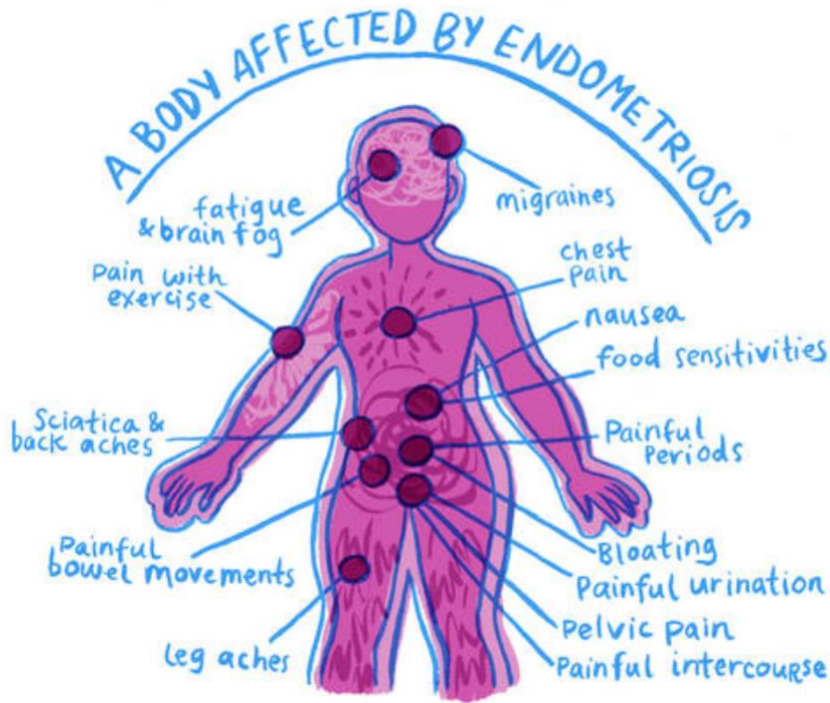
You can show and explain how you are undergoing treatment.



## Body Mapping

Is a way to keep track of side effects from medication.

Medical treatment often reduces our symptoms. But it also might lead to physical and emotional side-effects.



A description by said cartoonist Teppi Zuppo.

“I feel like body mapping is used for visual learners. It can get the person to consider their whole body.”

“It is a way to make sure you think about all the different parts of your body when you are telling a doctor how you feel or how your body is working for you and whatever they may be feeling.”

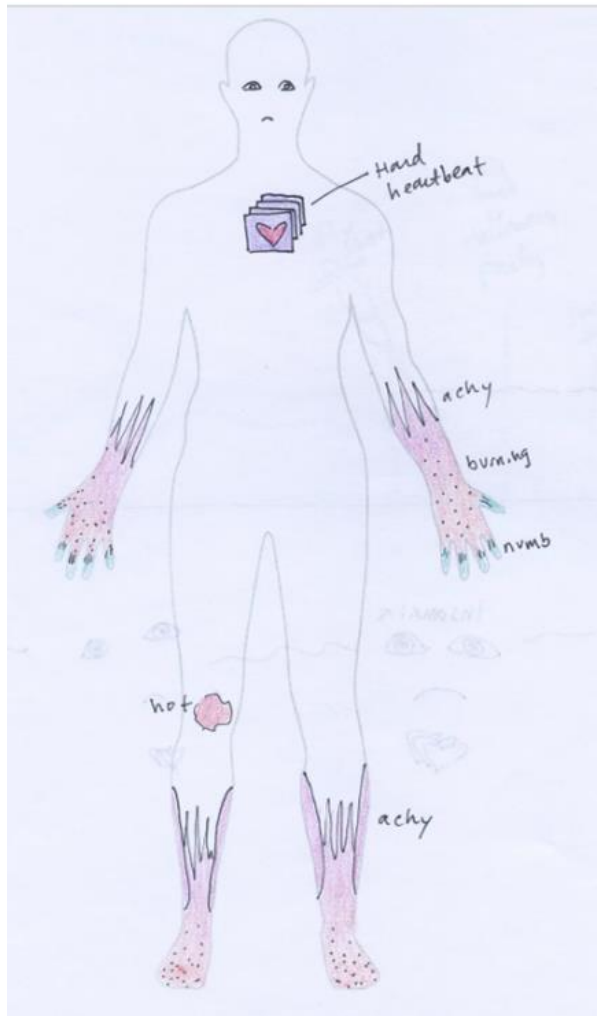


At Henry Ford Health in Detroit, researcher Sara Santarossa. (Bridge photo by Robin Erb) accessed June 25, 2023, <https://www.bridgemi.com/michigan-health-watch/long-covid-patients-dismissed-doctors-turn-art-show-their-pain>

A description by said cartoonist Teppi Zuppo.

"It can then be used as a jumping-off point for further discussion. For example some folks may use color to describe an area if they are uncomfortable with drawing."

"It gives a chance for us to ask, 'Why did you color your knee red?' or 'Why did you use red here?'"



Body maps can tell a story of recovery. Body mapping is most effective when used like a journal to record details about how your health is changing and you are getting better over time.

Each time you go to the doctors you can make a new body map containing the latest condition details. By the end of the treatment you will be able to show how you reached the end result.



# Healthcare Information In Plain Language <https://www.ihppvt.org/our-project> Booklets And Posters To Learn About Your Body And Your Health!



## A Self-Advocate's Guide To Patient Rights

A guide to help you be in control at your doctor visits.

**Americans with Disabilities Act**  
The Americans with Disabilities Act (ADA) is a law that says that people with disabilities cannot be treated unfairly. It also states that people get equal entry to public settings.

Our basic rights and what they mean:

- The Right To Be Treated With Respect.**
- The Right to Get Your Medical Records.**
- The Right to Privacy of Your Medical Records.**
- The Right to Make Choices About Your Care.**
- The right to a support person at doctor appointments.**
- The Right to Informed Consent.**
- The Right to Make Decisions About End-of-Life Care.**

A grid of seven small illustrations illustrating various patient rights: 1. A person in a wheelchair talking to a healthcare worker. 2. A person holding a folder with a red cross. 3. A person in a wheelchair talking to a healthcare worker. 4. A person in a wheelchair talking to a healthcare worker. 5. A person in a wheelchair talking to a healthcare worker. 6. A person in a wheelchair talking to a healthcare worker. 7. A person in a wheelchair talking to a healthcare worker.

## What is this guide for?

This guide is to help you be in control at visits with your health provider. You have the power to advocate for yourself.

## What is the Americans with Disabilities Act?

The Americans with Disabilities Act (ADA) is a law that says that people with disabilities cannot be treated unfairly.

It also states that people get equal entry to public settings.

## Our basic rights and what they mean:

### The Right To Be Treated With Respect.

You have the right to be listened to.

To be treated kindly by people.

To have your values and ideas respected.

To have your privacy respected.



## The Right to Get Your Medical Records.

You have a right to get a copy of your health information if you ask.

You can ask any way you like but an email or a letter is best.



## The Right to Privacy of Your Medical Records.

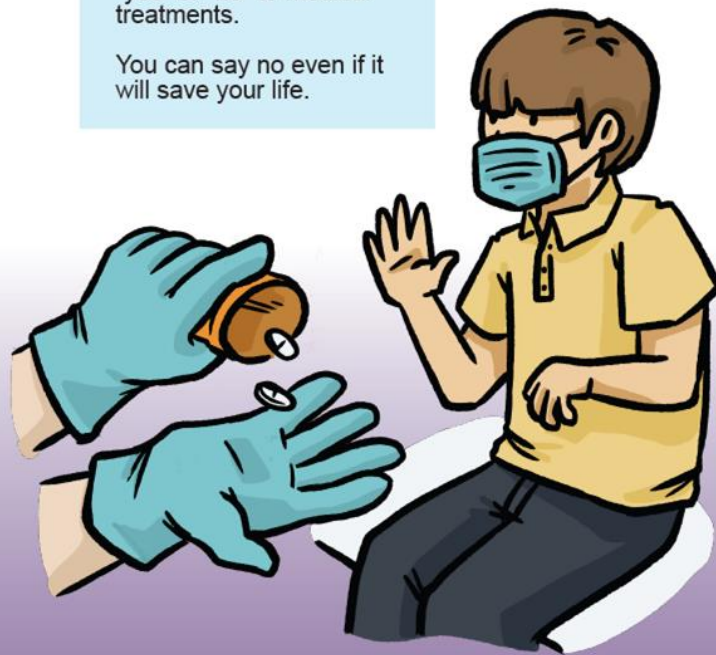
This gives you the right to your own health information, in all forms.

There are rules to who can see or receive your information.

## The Right to Make Choices About Your Care.

You have the right to say “yes” or “no” to medical treatments.

You can say no even if it will save your life.





### **The right to a support person at doctor appointments.**

You have the right to have a support person with you during doctor visits. A support person can be a friend, family member, or support staff.

They can help with notes or questions.

They can be a second set of ears for you.



### **The Right to Informed Consent.**

You have the right to ask questions about your health until you understand what you need to know to make choices about your health.

## The Right to Make Decisions About End-of-Life Care

This gives you the right to information about end-of-life care.

This means respect will be given to your care choices.

You will be provided access to hospice care. Hospice care helps people feel comfortable as they are dying.



### Sources:

How to get your medical records. How to Get Your Medical Records | VTLawHelp.org. (n.d.). <https://vtlawhelp.org/how-get-your-medical-records>

Use these two pages to help you with your next doctor's appointment.

### My Doctor

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### I want to ask about...

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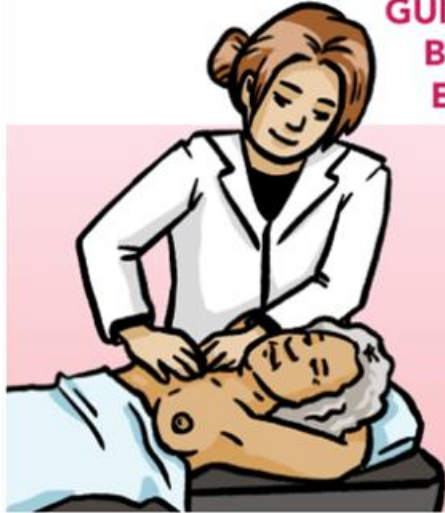
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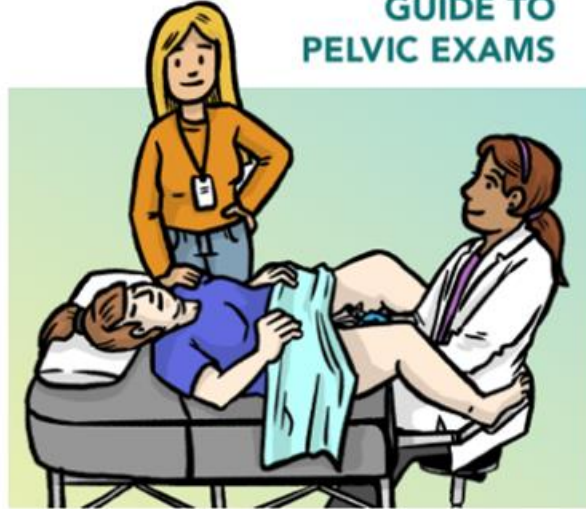


**A SELF-ADVOCATE'S  
GUIDE TO  
BREAST  
EXAMS**



Breast Health Guide

**A SELF-ADVOCATE'S  
GUIDE TO  
PELVIC EXAMS**



Pelvic Exam Guide

**A SELF-ADVOCATE'S  
GUIDE TO PATIENT  
RIGHTS**



Patient Rights Guide

<https://www.ihppvt.org/our-project>

# Small Group Discussion

Here are the basic patient rights we covered:

- 1. The Right To Be Treated With Respect.**
- 2. The Right to Get Your Medical Records.**
- 3. The Right to Privacy of Your Medical Records.**
- 4. The Right to Make Choices About Your Care.**
- 5. The right to a support person at doctor appointments.**
- 6. The Right to Informed Consent.**
- 7. The Right to Make Decisions About End-of-Life Care**

**Are there any other patient rights that should be included?**

