

SPEAK UP! **Use YOUR Voice about YOUR Care!**



Communication is key to improving your care.

Let your dialysis staff or doctor know when you have questions or concerns. You have the right to know about *your* body and *your* health. If you don't feel like your voice is being heard, then don't be afraid to use it in a respectful way.

It is important to talk about the care you receive.

Talk to your care team about what you are feeling. Let your clinic manager, social worker, or any member of your dialysis team know about your concerns. Work together to ensure that your voice is heard. Your plan of care (POC) is a great time to speak up! If you wish to speak privately, ask to have your POC off the treatment floor. Staff know that asking questions and expressing concerns about your care can be difficult.

Don't be afraid to ask questions!

Bring your list of questions to ask to your meeting. If you think of more questions during the meeting, ask those, too! Asking questions makes you more informed. It allows you to make better decisions and be in control of your care.

**Remember, *you* are the most important member of
your treatment team.**