



## Summary 2. Choose Your Patient Advocate

You have the right to get help from a trusted friend or family member when you receive healthcare services. This person is called a patient advocate. A patient advocate can act on your behalf according to your instructions. She or he can share your healthcare needs and wishes. An advocate can be a second set of eyes and ears during the healthcare process.

### Your patient advocate can:

- Arrange medical appointments
- Attend medical appointments, tests and treatments with you
- Be present when a doctor or provider speaks with you
- Review your healthcare provider's handwritten information to help you read and understand it
- Ask questions about your healthcare and test results
- Access your personal health information if you agree
- Track your medications
- Communicate your needs and requests

### Remember:

- Choose your patient advocate before you need one
- Be clear on the type of help you want
- Fill out the MIPS "My Patient Advocate Agreement". Go to [safetoask.ca/s.a.f.e.-toolkit/patient\\_advocate\\_agreement](http://safetoask.ca/s.a.f.e.-toolkit/patient_advocate_agreement)
- For further tips on finding an advocate go to "Tips on Finding an Advocate in Manitoba" [mips.ca/assets/tips-for-finding-patient-advocate-in-manitoba](http://mips.ca/assets/tips-for-finding-patient-advocate-in-manitoba)
- Leave copies of this form with your doctor and your patient advocate
- Give your family and healthcare providers the name of your patient advocate

### Before you decide to be someone's patient advocate, ask yourself:

- Will I have the time and energy to support the patient?
- Will I be able to speak up if problems occur?
- Will I act in the best interests of the patient?
- Will I support the patient's healthcare wishes?
- Is a second advocate needed?

### To avoid confusion, record your healthcare wishes on:

- "My Patient Advocate Agreement"
- A Health Care Directive (Living Will)

Call 204-945-6565 in Winnipeg or toll-free 1-800-665-6565 for a copy of a Health Care Directive or go to <http://www.gov.mb.ca/health/livingwill.html>.

*Learn...to be SAFE.* Go to Manitoba Institute for Patient Safety websites [www.safetoask.ca](http://www.safetoask.ca) and [www.mips.ca](http://www.mips.ca).