



## Summary – Introduction to Self-Advocacy For Everyone (SAFE) Toolkit

Self-advocacy refers to people speaking up for themselves. The MIPS SAFE Toolkit is for people who want to be more engaged in their healthcare.

### Why is the SAFE Toolkit important?

The healthcare system is complex. It can be scary to some people. Everyone has a role to play in the safety of patients. The SAFE Toolkit has information, tips and resources that can help people learn to be more involved in their healthcare.

### What are the goals of the toolkit?

The toolkit aims to:

- Promote clear, common messages to the public and healthcare providers on patient safety topics
- Provide a patient safety resource for Manitobans
- Promote an approach to healthcare delivery that involves patients and families as key members of their healthcare team

### What are the topics covered in the SAFE Toolkit?

It consists of key patient safety topics in summary and full version formats, and a *Leader's Guide*.

Topics include:

<b>1. Know Your Patient Rights</b>	<b>8. Prepare for Surgery</b>
<b>2. Choose Your Patient Advocate</b>	<b>9. Prevent Falls</b>
<b>3. Know Your Healthcare Plan</b>	<b>10. Know The Process when Harm Happens</b>
<b>4. Access Your Medical Records</b>	<b>11. Know The Patient Safety Contacts</b>
<b>5. Talk with Your Doctor</b>	<b>12. Know The Steps in Stating Your Concerns</b>
<b>6. Work with Your Pharmacist</b>	<b>13. Know Some Patient Safety Definitions</b>
<b>7. Prepare for Your Stay in Hospital</b>	

### Who can use these resources?

The toolkit may be used as a structured program. It may also be used by people who want to learn on their own. The target audiences include:

- Patients, families and patient advocates
- General public
- Healthcare providers
- Community leaders

### How do you use the toolkit?

- Go to [www.safetoask.ca](http://www.safetoask.ca).
- Review the *Table of Contents*.
- Choose the topics that best meet your needs.
- Check *Resources* at the end of each full version to learn more.
- Print the page(s) of interest to you.
- Tell your family and friends about the toolkit.
- Review the *Leader's Guide*, if you want to lead small group sessions on the toolkit topics.

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