



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:

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

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.
- 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 and www.mips.ca.