

Advocacy in HealthCare Tip Sheet

Gabrielle Allen, LMSW – Juneteenth 2020
Gabbylowe.msw@gmail.com

TIP#1 – Be Your Own Advocate (2:55 min mark)

- Ask lots of questions, and repeat back to check for understanding
- Involve your friends/family/decision makers; Include them via phone!
- Write things down/ask for things in writing
- Ask about the possibility of Tele-health or virtual visits/meetings

TIP #2 – Link with a Professional Advocate (7:52 min mark)

- Identify your professional advocate (Social Worker, Care Coordinator, Case Manager, Nurse Navigator, Educator, Patient Advocate, etc)
- Ask about anything!! Examples:
 - Insurance questions (How/where to apply for Medicaid, Medicare, Disability, FMLA, Marketplace insurance, “safety net” clinics, etc)
 - Medication assistance (KC Medicine Cabinet, GoodRx)
 - Financial distress (Payment arrangements for hospital bills, community resources for household bills, 211 United Way, etc)
 - Transportation (Logisticare with MO Medicaid, RideKC, etc)
 - Advanced Care Planning (living will, advanced directive, DPOA)

TIP #3 – Connect with Community Resources (12:52 min mark)

- Home Health care (outpatient PT, OT, Nursing/Medication management, Social Work, bath aide)
- Private Duty Caregiving (NON-medical needs, not covered by insurance; cleaning, organizing, grocery shopping, meal prepping, HCBS through Medicaid)
- Insurance navigators (Samuel U. Rodgers, SWOPE, El Centro, etc)
- Other needs including medical equipment, transportation, food, clothing, homelessness, VA resources, Meals on Wheels, housing assistance, etc

Advocacy in HealthCare Tip Sheet

Gabrielle Allen, LMSW – Juneteenth 2020
Gabbylowe.msw@gmail.com

Oncology (Cancer) Care

Ask about:

- Financial assistance/grant programs; Leukemia & Lymphoma society, Glenn Garcelon Foundation, Gateway to Hope, Pink Fund, etc
- Medication/Copay Assistance Funds – Drug company assistance, pharmacy assistance
- Insurance options – Medicaid options, Healthcare navigators
- Household Bill funds – Gateway to Hope, hospital based foundations
- Transportation programs – “Road to Recovery” or other free ride programs
- Equipment, Wigs, other – Cancer Action, American Cancer Society, Missy's Boutique, Verda's Place, Shepherd's Center of KC

There's SO much more! Ask a professional advocate for help!

Mental Health/Substance Abuse Resources

- *Therapists* can be Counselors, Social Workers, Psychologists, or Psychiatrists
- A *Psychiatrist* prescribes medication. Your PCP may be able to do this too. Medication is *NOT* a required part of mental health care.
- Treatment can be inpatient, partial hospitalization, or outpatient. Frequency of meeting is up to you and your provider to determine.
- Community Mental Health (Swope, Wyandot Center, Pathways, etc)
- Employee Assistance Program (EAP) through your employer may offer several free sessions
- Colleges/Universities often include several free sessions
- Call your insurance provider, or go to the website and click “Find a doctor”
- Psychologytoday.com – search by location, insurance, and other preferences
- Ask about telehealth!!