

How to Take an Active Role in Your Care



At Fred Hutch, we encourage you to take an active role in your care. Being part of your care can make things feel a little less overwhelming—and a little more manageable.



How do I take an active role in my care?

Share your wishes, needs and concerns

- Bring a list of questions and concerns so you don't forget anything.
- Start with what's most important to you.
- Share how you've been feeling—physically and emotionally.



“My first day of chemo, my wonderful nurse encouraged me to speak up if something didn't look or feel right. This helped me understand my disease and my treatments better. It's the best advice I could have been given.”

Make sure you understand what your care team tells you

- After your care team explains something to you, tell them what you heard. This helps them know if they need to explain it better.



(continued on reverse)

- If something isn't clear, ask your care team to explain it again or in a different way. You can say: "I didn't quite understand. Can you say that another way?"

Get help from others when you need it

- Bring a family member or friend with you to your appointments to help ask questions, take notes, and advocate for you.



If this person can't come with you, call them from your appointment or record the appointment on your phone and share it with them later. Always ask your care team for permission before you record them.

- Talk with friends about how you're feeling or join a support group.
- Meet with a Fred Hutch social worker for emotional or social support.



If taking an active role in your care feels overwhelming or uncomfortable, our Social Work team can help.

For more information on these services, scan the QR code or visit FredHutch.org/Social-Work

You can also ask your care team for a referral or call (206) 606-1076.

