

My Health. My Wellness.

Teaching Guide

Lesson 4

My Health Care Rights

Lesson Overview: Lesson 4 will introduce participants to their health care rights.

Objective(s): At the end of the lesson, participants will be able to identify their basic health care rights and needed accommodations when attending a medical appointment.

Activities & Materials:

- a. *Activity 4.0: Navigating Health Care with a Disability: Our Stories, a Focus on People with Disabilities [Optional Video]*
- b. *Activity 4.1: What is a Health Care Right?*
 - i. *Activity 4.1a: Health Care Rights visual support*
- c. *Activity 4.2: What is an Accommodation?*
 - i. *Activity 4.2a: Accommodations choice board*
 - ii. *Activity 4.2b: Complete page 6 and 7 of the My Health Care Plan (Personal Profile); Complete Letter to My Healthcare Team activity; Engage in group discussion*
- d. *Activity 4.3: A Letter to My Health Care Team*
 - i. *Activity 4.3a: A good time to share the letter choice board*

Lesson Length: 40 minutes

Instructional Steps

Part 1 – Welcome Discussion

1. Welcome and review

- *Activity 4.0: Navigating Health Care with a Disability: Our Stories, a Focus on People with Disabilities [Optional Video]:* If you have access to the internet, play the brief video clip (~3 minutes) below as an introduction to health care rights: <https://youtu.be/VgbPFV0i3vA>
- Read: During our last lesson, we set health goals. Today we are going to be learning more about our health care rights and the support we can ask for when we visit with our doctor.

Part 2 – Group Discussion: *My Health Care Rights*

1. Activity 4.1: What is a Health Care Right?

- Read: Everyone has health care rights. Health care rights are legal rules that help to make sure that everyone has *equal* access to health care. Health care providers are required to provide everyone with equal access to medical services. Health care rights help to make sure that everyone has access to the care that they need.
- Read: Here are some examples of health care rights that are important for everyone to remember
 - Present *Activity 4.1a: Health Care Rights Visual Support*.
- Read each health care right as you point to it on the sheet:
 - **Everyone has the right to see a doctor.** Your doctor cannot say no to seeing you because of your disability. In this picture, I see people at the

hospital, at the doctor's office, and at the dentist. That is because health care rights are for all doctors and settings

- **Everyone has the right to equal health care.** Since everyone has different needs and different health goals, your health journey might look different than someone else's health journey. But it is important to remember that every person has the right to the health care that they need. I see here pictures of the laws that protect our rights to equal health care.
- **Everyone has the right to ask for accommodations.** Accommodations make sure that *everyone* can go to doctor's appointments. When we ask for an accommodation, we are asking for a change to be made to help make sure you are getting health care that is right for you. I see some pictures of different accommodations on this card.
- Read: Let's practice these together:
 - Everyone has the right to see a _____. (doctor)
 - Everyone has the right to equal _____. (health care)
 - Everyone has the right to ask for _____. (accommodations)
 - Show the definition for each health care right and allow participants to fill in the missing words.

Part 3 – Group Discussion: *What is an Accommodation?*

1. Complete Activity 4.2: What is an accommodation?

- Read: Let's think about accommodations. Remember, accommodations were an example of a health care right. Let's think about visiting the doctor. What are some examples of accommodations that you could ask for when you visit with your doctor?

- Depending on the needs of the group, lead a discussion or have participants select potential answers from the choice board by either pointing to them or saying their selection out loud.
- Read: Visiting with the doctor might be tricky for different reasons. For example, you might feel like you don't have enough time to ask questions to your doctor, or your doctor might be sharing information that is hard to understand. When you ask for an accommodation, you are asking your doctors and health professionals to give you the support that will help you access and understand your health care. An accommodation that helps you, might not help someone else.

2. Complete Activity 4.2b: My Health Care Plan

- Distribute: *My Health Care Plans*
- Read: When we did our "All About Me" lesson, we talked about some of our strengths and needs. Let's turn to the **Personal Profile** on **pages 6 and 7** of our *My Health Care Plan*. If you have not completed these sections yet, that is okay! You can fill this information out by yourself or complete it at home with the help of a support person.
- Read from *My Health Care Plan*: "When thinking about the things that I need help with, something that helps me is _____."
- Read: This is where we can record accommodations.
- Model: For example, when thinking about the things that I need help with, something that helps me is _____. [Instructor: give an example of a support that helps you.]
- Read: Let's think about some of the accommodations that you may need when visiting a doctor. We can write down some accommodations that are helpful to you.

- Depending on the needs of the group, allow participants to write down their own answers or have participants select potential answers from the accommodations choice board by either pointing to them or saying their selection outloud. Additional choices may be added in advance of the lesson in collaboration with participants' family members, caregivers, and/or other loved ones.

Part 4 – Group Activity: *Letter to My Health Care Team*

1. Complete Activity 4.3: A Letter to My Health Care Team

- Read: Now that we spent some time talking about health care rights and thinking about accommodations and supports that help us best, let's talk about ways that we can share this information with your doctor.
- Distribute: The *Letter to My Health Care Team*
- Read: This letter lets your doctor know about your care plan. The second page of this letter has space for you to list your **health care goals**, **accommodations** you might need during your doctor's visit, and **questions** that you may have about your visit. This letter lists some important things for your doctors and health care team to know before your visit. Let's look at the letter together. *[Read through the "list of considerations" on the front page of the letter]*
- Model: Narrate your thinking as you demonstrate how you would fill out the letter for yourself. Show participants how you would copy your health care goal (*Activity 3.2*) from the last lesson into the letter. Show participants how you would copy your accommodations from your *My Health Care Plan (Activity 4.2)* into the letter.

- Read: Your questions will depend upon which doctor you are seeing. For example, if I were seeing the dentist, I might ask what type of mouthwash he thinks is best for me to use.
- Practice: Support participants in completing the accommodations and health care goals portions of the letter. Have participants write their responses in each section. If needed, have a support person write a response on their behalf. Make sure participants practice looking at their *My Health Care Plan* to find the appropriate responses.

2. Complete Activity 4.3a: A good time to share the letter

- Read: When do you think it might be a good time to share this letter with your doctor?
 - Depending on the needs of the group, lead a discussion or have participants select potential answers from the choice board by either pointing to them or saying their selection outloud.
- Read: It is always a good thing to communicate with your doctor. Especially if you are meeting with a doctor for the first time, if you have had a change in your life or your health that you want to share, or if it has been a while since your last visit.

Part 5 - Lesson Wrap-Up

1. Conclude the lesson

- Read: Today we talked about topics related to our health care rights and accommodations. The *Letter to Your Health Care Team* can help you to share this important information with your doctor. If you choose to give this letter to your doctor, it would be good to include a copy of your *My Health Care Plan*.
- Read: Remember:
 - Everyone has the right to see a _____. (doctor)

- Everyone has the right to equal _____. (health care)
 - Everyone has the right to ask for _____. (accommodations)
 - Show the definition for each right and allow participants to fill in the missing words.
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- Read: During our next lesson, we will share more about important tips for talking with your doctor and what to expect during your next doctor's visit. We will also be completing our *My Health Care Plans*.

Assessment

Move onto Lesson 5 when your learners are able to recall the three basic health care rights and have recorded their needed accommodations on their *Letter to Your Health Care Team*. (See *objectives* on Page 1 of this Lesson Plan).