

COMMUNICATION

An effective advocate communicates calmly and clearly. You may feel more confident in your communication if you develop a plan in advance.

planning for an appointment

- Outline your goals for the appointment and write a list of questions you want to ask.
- Call the office in advance to make sure they have your correct name and pronouns.
- Think about how to respond if someone treats you in ways that are not gender-affirming, for example, using the wrong name or not taking your requests seriously.

at an appointment

- Take notes
- Let the provider know if you want to record the appointment
- If you are referred to another provider, ask how soon you should expect to be contacted.

for more details visit the Advocacy & Allies section of our Just Be Yourself guide.



IF YOU ARE TREATED UNFAIRLY

1

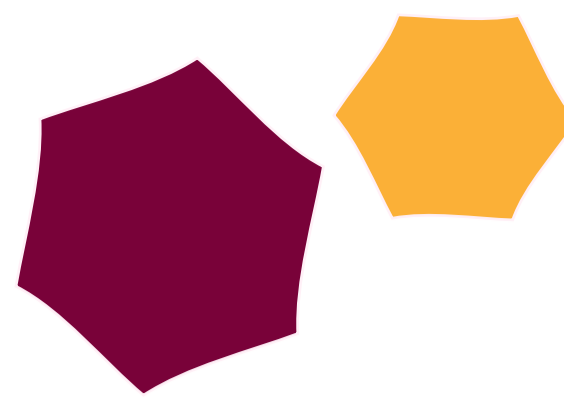
You can connect with a patient advocate or quality care office.

2

You may choose to report the provider to their regulatory body.

3

If your human rights have been violated, you can file a human rights complaint.



MANAGING BARRIERS

If someone is unable to provide the care you need:

- Ask for a referral to a provider who can provide the care
- You can ask for clarification about why they cannot provide the care themselves. You can also request that this be documented in your medical record.

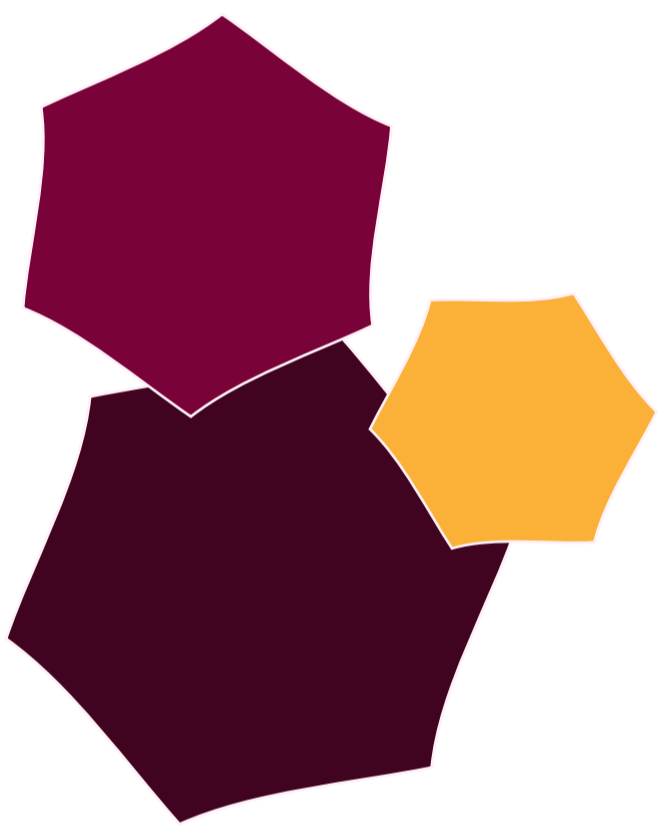
If a healthcare provider is open to learning more about gender-affirming care, suggest credible resources like:

- World Professional Association for Transgender Health
- Endocrine Society
- Trans Care BC
- Rainbow Health Ontario

If you are waiting longer than expected for a referral or a follow-up appointment, call the office to follow-up.

ADVOCACY

describes the process of getting support. Sometimes others advocate for us and sometimes we advocate for ourselves. Self-advocacy can be challenging but it is an important and useful skill. Here are some self-advocacy tips.



SELF-ADVOCACY



Just Be Yourself: A Health and Wellness Guide for Trans, Two-Spirit, and Nonbinary Youth

<https://HEET.nursing.ubc.ca/projects/just-be-yourself/>



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