

## How to Tell My Story Photo Examples

This guide will give you ideas for how to tell your own story about your experience in healthcare. Remember this is only to give you ideas and help you think about your story. How you tell your story is up to you!

### Getting New Leg Braces



Here is an example of how I would share my healthcare experience getting new leg braces.

The doctor is wrapping a bandage around my leg and foot to make my cast for my new leg braces. The cast will help them make a brace that is right for my feet. The whole time I was

asked if I was uncomfortable or if I needed support moving my foot for them to wrap the cast. The doctor talked to me the whole time instead of my support person. I was able to be independent during my visit, and I felt empowered to use my voice. Healthcare workers should always listen to the needs of people with disabilities.

### **Tips to Help you with Your Own Story.**

1. Talk about what is happening in the picture. Are you at home resting, **Are you at the doctor's office getting a checkup, or at the dentist's office having your teeth cleaned?**

**Example from my story:** I am getting new leg braces.

2. Talk about how the healthcare worker treated you or what they did.

**Example from my story:** I was asked if I was uncomfortable or if I needed support.

3. How did the experience make you feel? **Were you upset, or angry, were you listened to?**

**Example from my story:** I felt empowered.

### **Things to Remember**

- How you tell your story is up to you.
- The story you tell about your healthcare experience can be a good one or a bad healthcare experience.
- Your voice is important to help us change how healthcare professionals see people with disabilities and understand us.