

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 an Iron Infusion



Here is an example of how I would share my healthcare experience getting an Iron Infusion.

The IV has been set up with a needle and liquid iron is going through a tube into my body. During my visit, a nurse took me to my room to get ready for the infusion. When it was time to stick me with the needle, I told the nurse that it would work best if she put the needle in my hand for the IV because that is what works for me every time I have to visit, but she didn't listen to me. I was stuck with the needle four times, and my arm started to hurt. After telling my nurse I was uncomfortable over and over, she went to get another nurse to help. I was upset and in pain when the new nurse came to help. I told her that I needed the needle in my hand. She

listened, and I was able to get my infusion done. Healthcare professionals should listen to people with disabilities and their needs. We know what's best for us because of our experiences.

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 an iron infusion

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

Example from my story: I stuck four times with the needle.

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

Example from my story: She didn't listen to me. I was upset, in pain, and uncomfortable.

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.