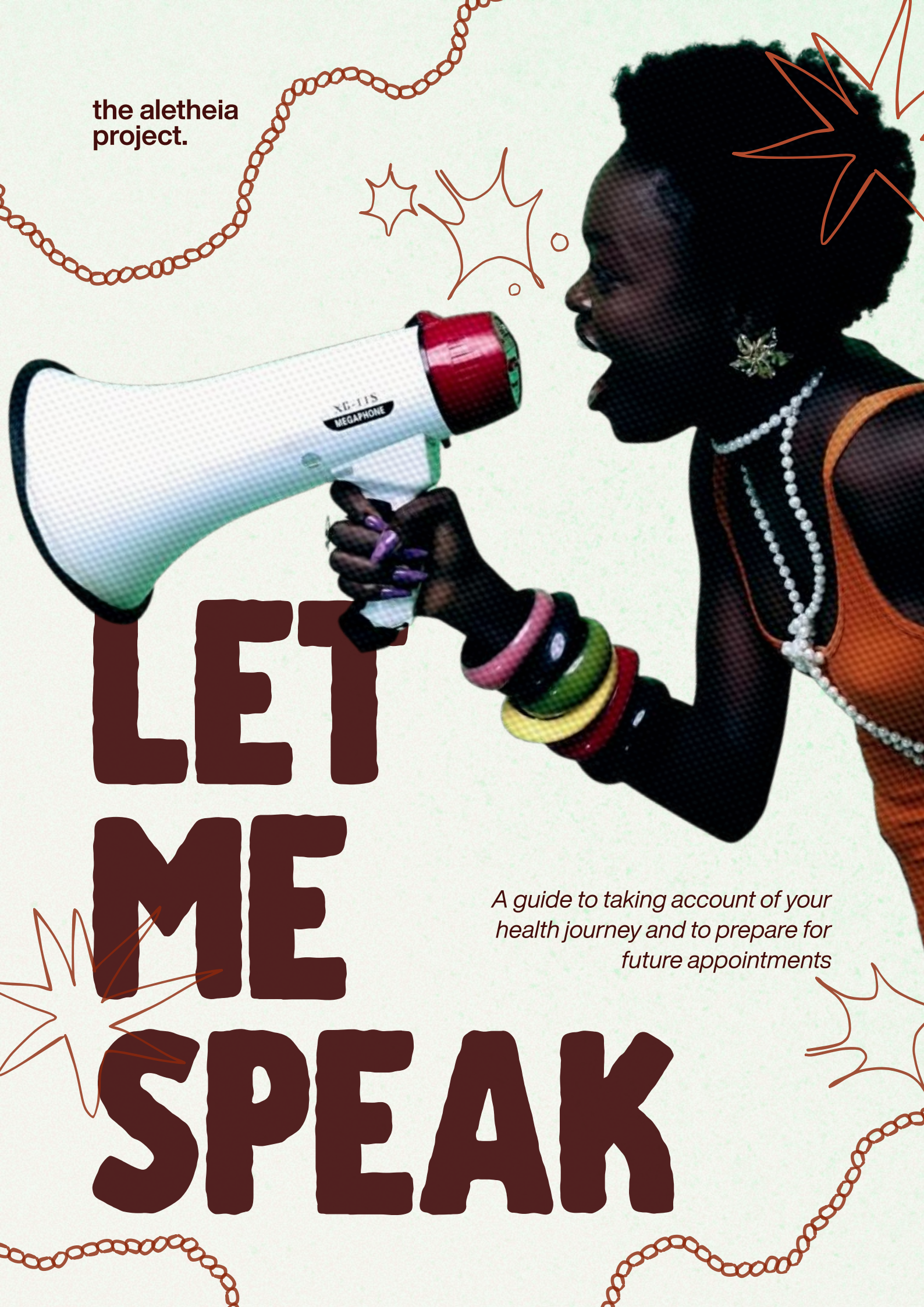


the aletheia
project.

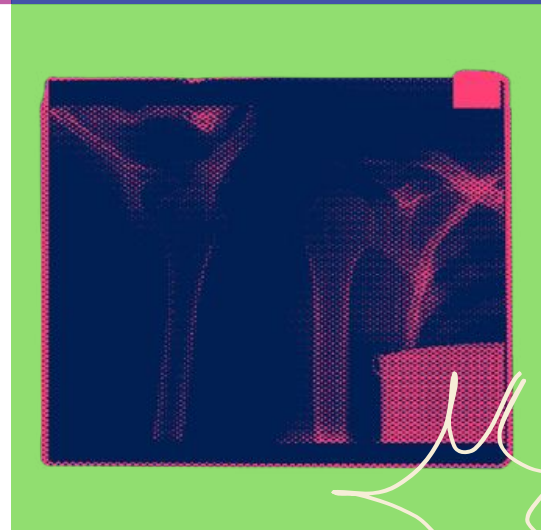
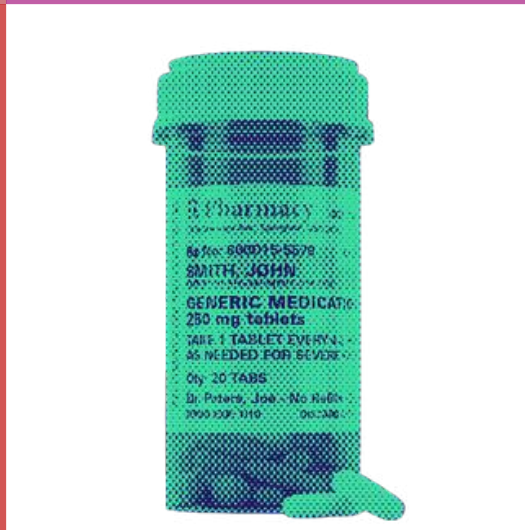
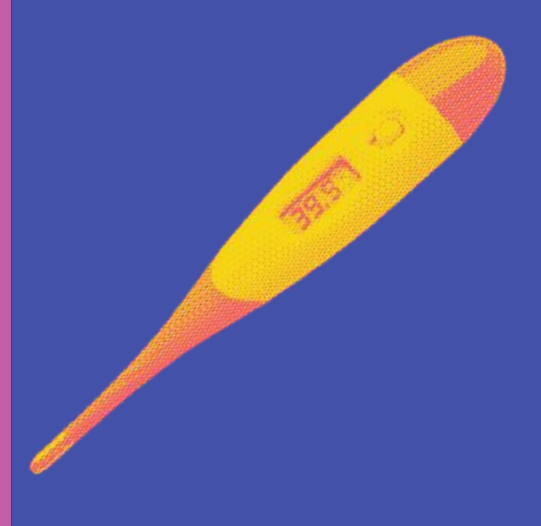
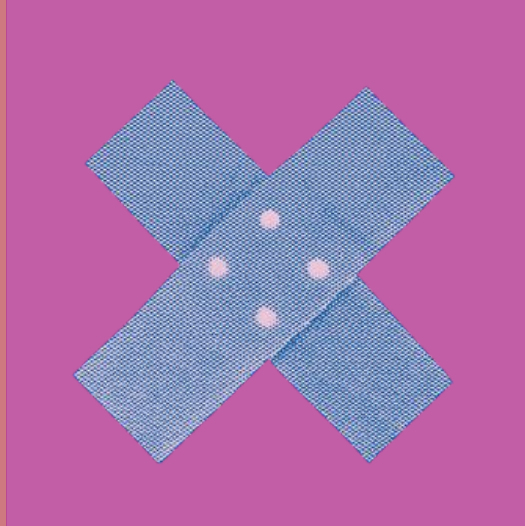


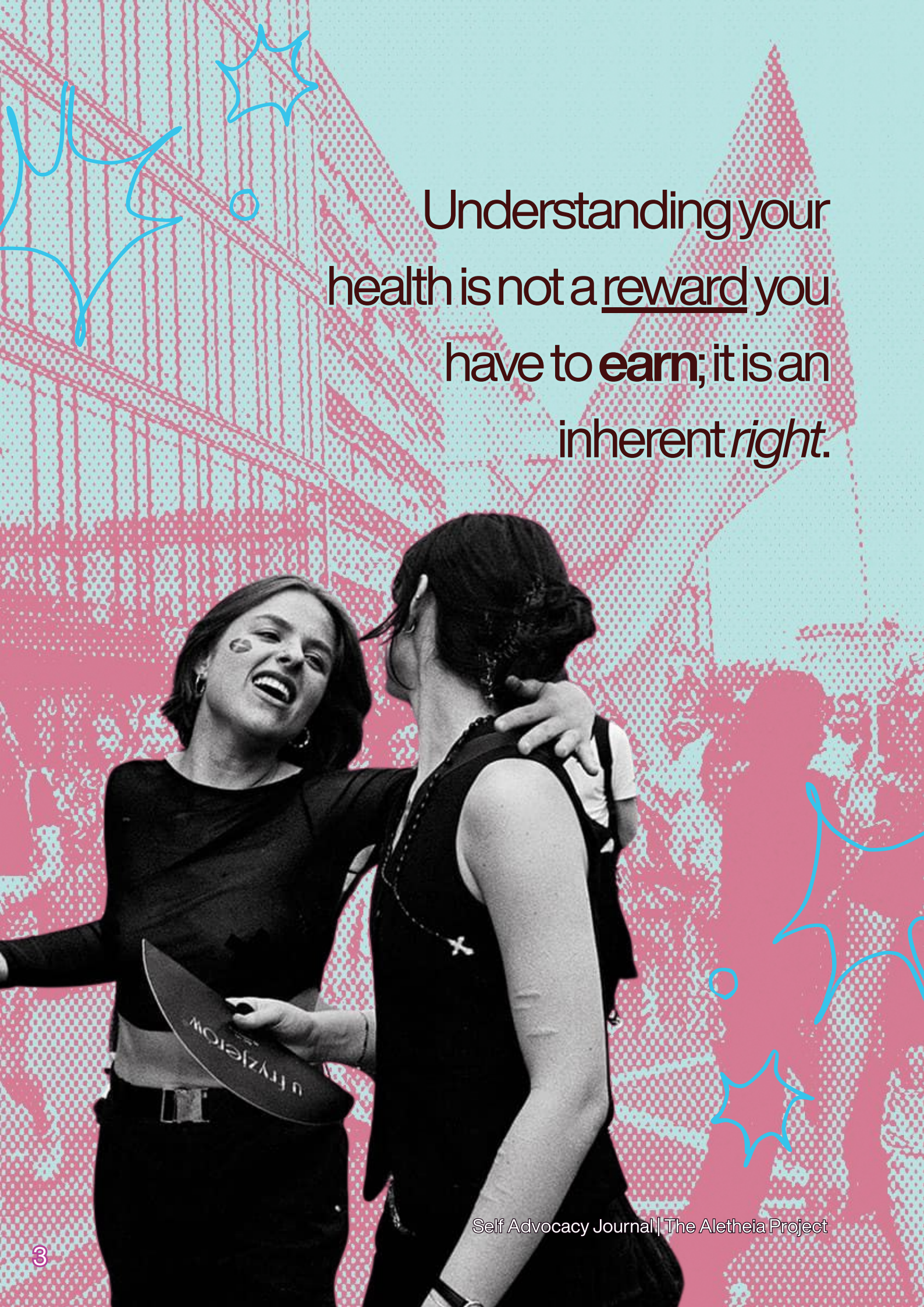
LET ME SPEAK

*A guide to taking account of your
health journey and to prepare for
future appointments*



name:





Understanding your
health is not a reward you
have to **earn**; it is an
inherent *right*.

CONTENTS

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HOW TO USE THIS JOURNAL

This journal is used as an interactive, working tool to help you understand what you're experiencing.

This journal will assist you in recognising any ongoing or new symptoms, prepare towards coming appointments and document your future health journey.

There's no specific right way to use this journal. Fill in what you want to record and leave those you feel are not required. Bring it with you to appointments, or take photos of the filled-in pages on your phone. Use it once, or use it every time — whatever's useful for your situation.

A note to consider: This journal is helpful in tracking your health journey, not for professional diagnosis!



ADVOCATING FOR YOUR HEALTH

Self advocacy in your appointments doesn't look like confronting your clinician on your health state. Instead, it involves the following:

- writing down notes beforehand so you don't forget it in the moment, and for further clarifications
- asking questions (even a simple one)
- requesting explanations when you're confused
- simply stating - 'I don't understand'
- saying that you are still unsure or don't feel the question has been resolved

Unsure how to begin?
These are a few starters to help:

"Sorry, can you explain that again? I didn't quite follow."

"I don't think this feels resolved - can we talk about what's next?"

"I wrote a few notes down so I don't forget - is it okay if I go through them?"

"I'm not sure how to describe this, but something feels different."

"Could you please explain that but in a different way? I'm not quite sure I understand."

SYMPTOM & EXPERIENCE TRACKER (PRINTOUT)

What am I experiencing?

When did it start?

**How often does it
happen?**

**How severe is it?
(mild/moderate/severe -
describe)**

**What makes it better? What
makes it worse?**

What have I already tried?

**How is it affecting school, sleep,
relationships, sport or everyday life?**

What medications/treatments have I used?

SYMPTOM & EXPERIENCE TRACKER

Use this page to track your current health status and bring it to appointments

What am I experiencing?

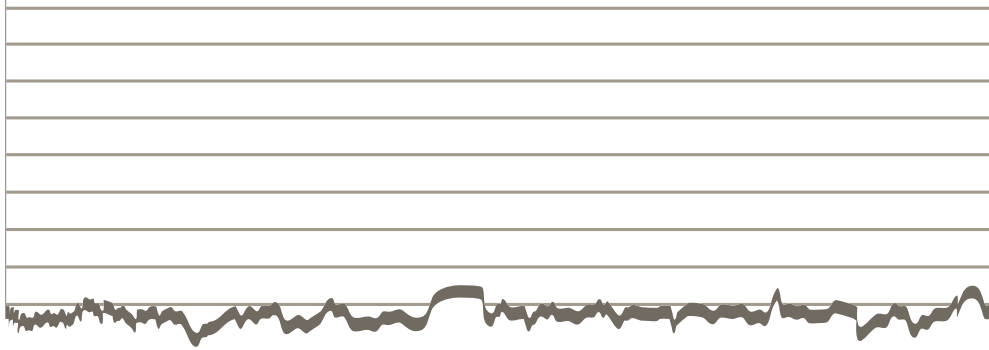


When did it start?



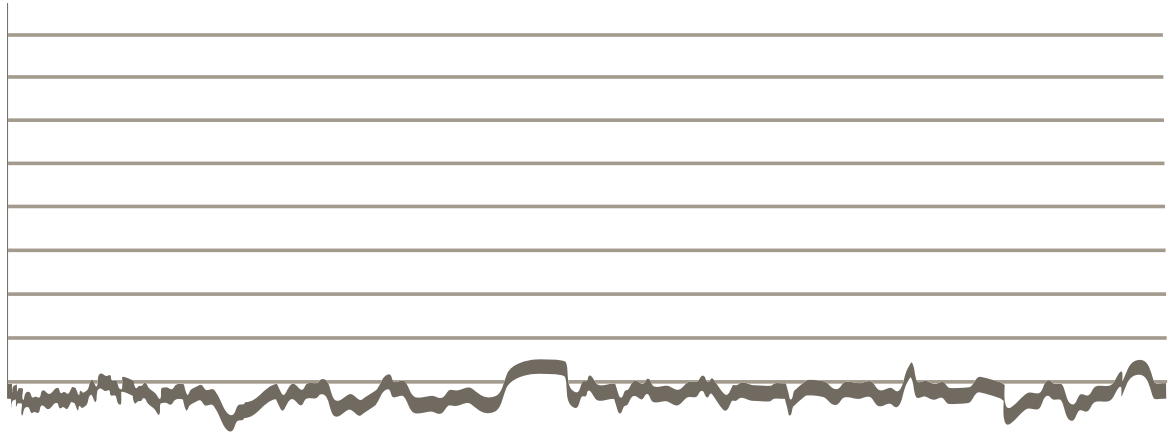
SYMPTOM & EXPERIENCE TRACKER

How often does it happen?



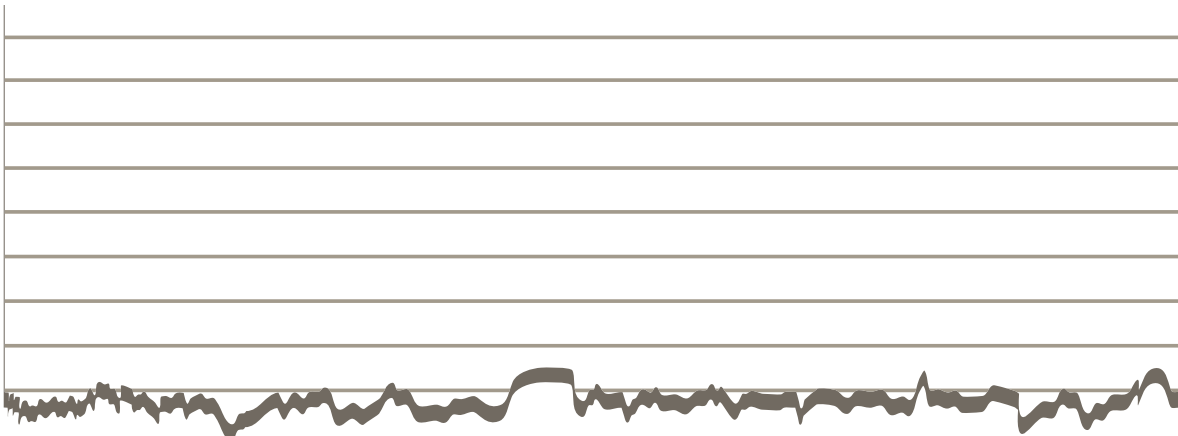
A series of horizontal lines for writing, with a decorative brown chain-like border at the top and a brown starburst graphic on the right.

How severe is it? (mild/moderate/severe - describe)



A series of horizontal lines for writing, with a decorative brown chain-like border at the top and a brown starburst graphic on the right.

What makes it better or worse?



A series of horizontal lines for writing, with a decorative brown chain-like border at the top and a brown starburst graphic on the right.

SYMPTOM & EXPERIENCE TRACKER

How is it affecting school, sleep, relationships, sport or everyday life?



What have I already tried?



What medications/treatments have I used?



BEFORE YOUR APPOINTMENT... (PRINTOUT)

What do I want to ask?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

What am I worried about?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

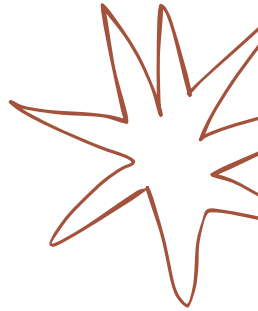
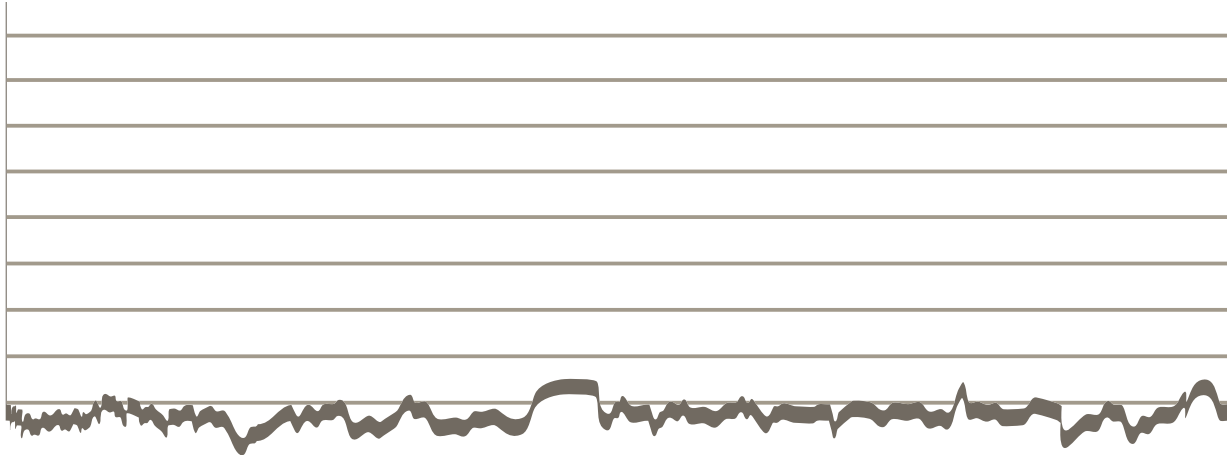
What would I like to leave this appointment understanding?

The graph illustrates the growth of the elderly population in the United States. The y-axis is labeled 'Number of people in millions' and ranges from 0 to 100. The x-axis is labeled 'Year' and ranges from 1980 to 2020. The line shows a steady increase from approximately 25 million in 1980 to about 45 million in 2020, with a slight dip around 1990 and a sharp rise after 2010.

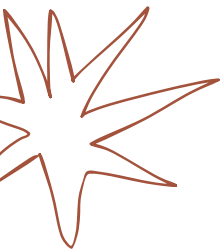
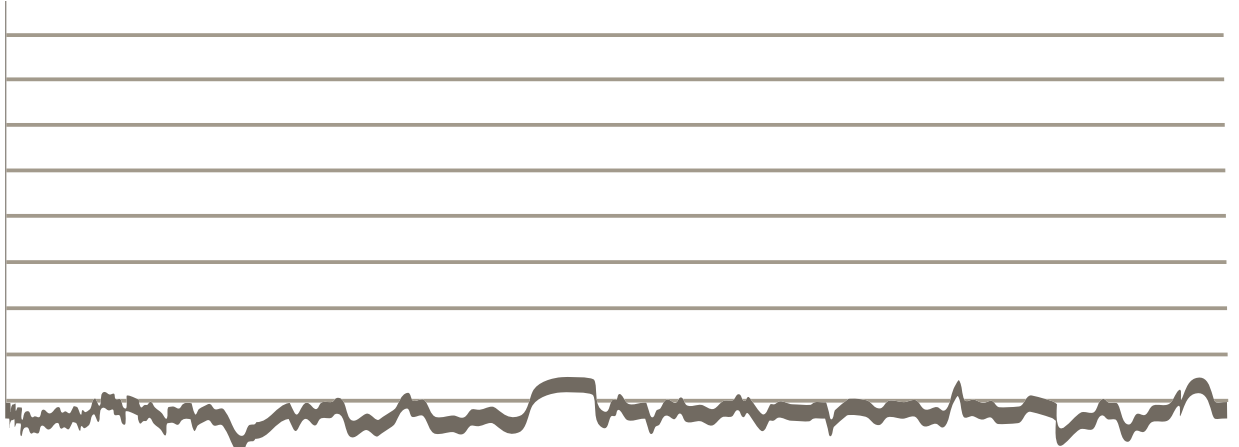
BEFORE YOUR APPOINTMENT...

Spend some time answering this before you walk in, to make the appointment easier.

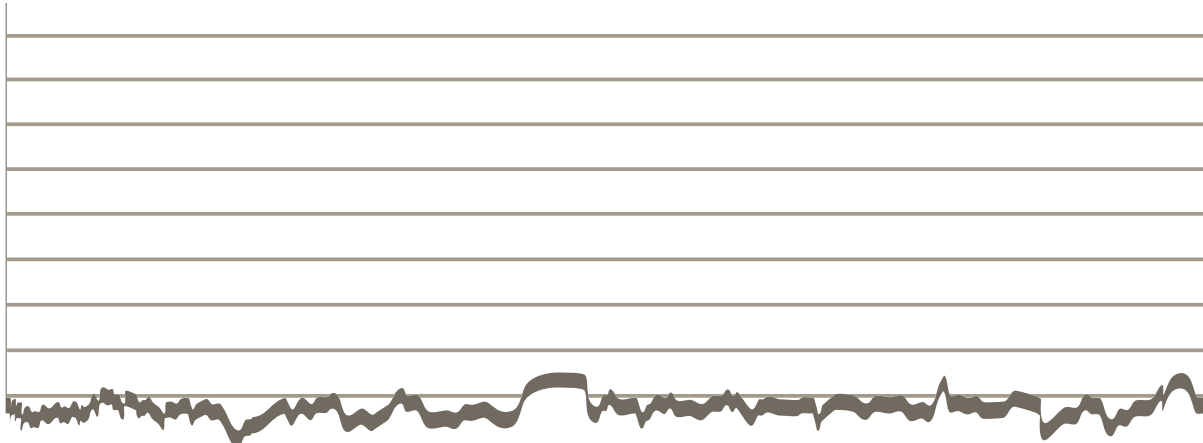
What do I want to ask?



What am I worried about?



What would I like to leave this appointment understanding?



AFTER YOUR APPOINTMENT... (PRINTOUT)

Answer these immediately after your appointment, while it's fresh in your mind.

What did the clinician tell me?

Year	Percentage
1975	85
1980	85
1985	85
1990	85
1995	85
2000	85
2005	90
2010	95
2015	98

What are my next steps?

[illegible]

Has anything changed since my previous appointment?

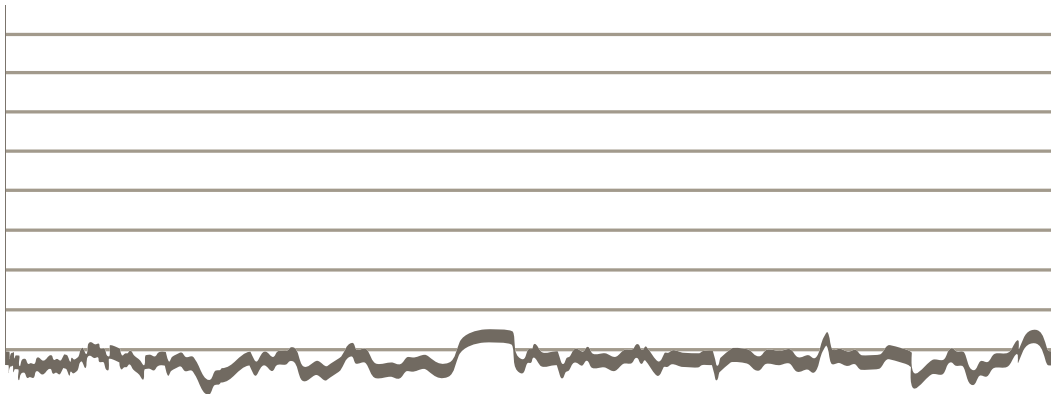
The graph illustrates the percentage of people who believe in the existence of God from 1950 to 2010. The y-axis represents the percentage, ranging from 0 to 100 in increments of 10. The x-axis represents the year, ranging from 1950 to 2010 in increments of 10. The data shows a general decline in belief from 1950 to the late 1970s, followed by a sharp drop in 1980, and then a period of relative stability with a slight upward trend towards the end of the period.

Year	Percentage
1950	85
1951	84
1952	83
1953	82
1954	81
1955	80
1956	79
1957	78
1958	77
1959	76
1960	75
1961	74
1962	73
1963	72
1964	71
1965	70
1966	69
1967	68
1968	67
1969	66
1970	65
1971	64
1972	63
1973	62
1974	61
1975	60
1976	59
1977	58
1978	57
1979	56
1980	65
1981	64
1982	63
1983	62
1984	61
1985	60
1986	59
1987	58
1988	57
1989	56
1990	55
1991	54
1992	53
1993	52
1994	51
1995	50
1996	49
1997	48
1998	47
1999	46
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2001	44
2002	43
2003	42
2004	41
2005	40
2006	39
2007	38
2008	37
2009	36
2010	35

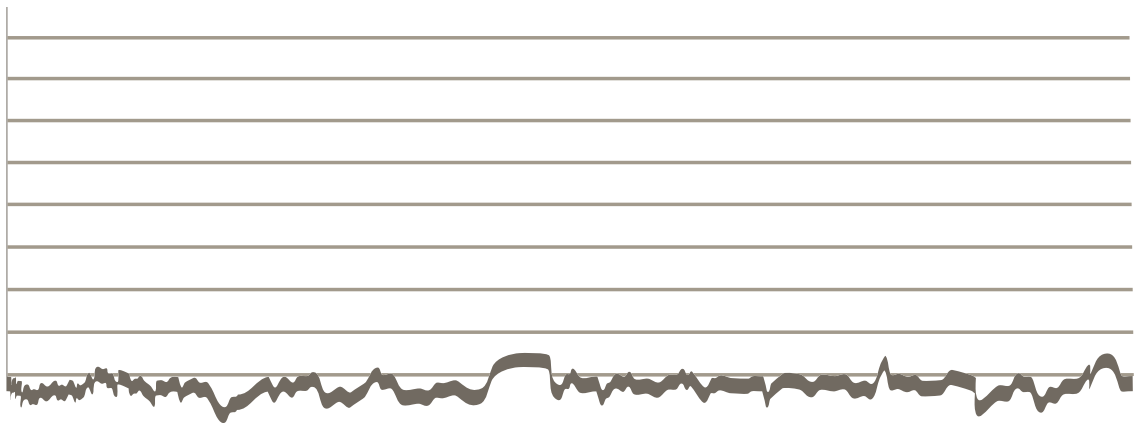
AFTER YOUR APPOINTMENT...

Answer these immediately after your appointment, while it's fresh in your mind.

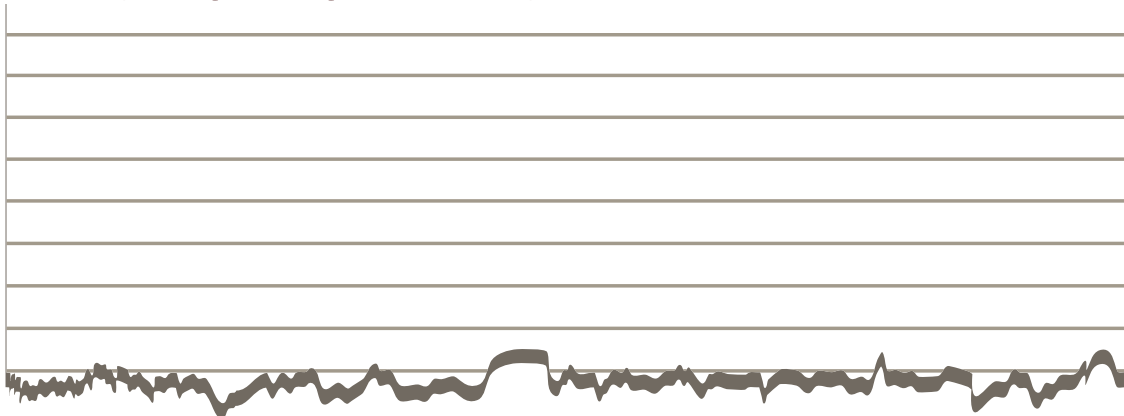
What did the clinician tell me?



What are my next steps?



Has anything changed since my previous appointment?



ONGOING LOG

For quick entries between appointments - a running record of what you're noticing over time. Feel free to print the following pages out as needed.

Date	What I noticed	Severity	What helped

Date	What I noticed	Severity	What helped

Date	What I noticed	Severity	What helped

Date	What I noticed	Severity	What helped

KEY NOTES

Always remember, when you attend appointments, you are always allowed to:

- ask for more time in an appointment
- bring someone with you or request to be seen alone
- say 'I don't understand' and ask for clarifications as many times as you need
- ask what happens if you do nothing
- ask for a second opinion
- say something doesn't feel resolved
- ask for a change in clinicians or clinics if it doesn't fit your needs

Final note: This journal is a key tool in preparing yourself with clarifying symptoms or health concerns to your clinician. It is not a confirmation or proof of diagnosis.



CLOSING

Everyone deserves a clear understanding of their body and health status. Tracking your experiences and being able to clearly communicate is essential for growth. This journey doesn't have to be a lone battle. You do not have to know everything, and you are not expected to endure this by yourself. A small amount of effort can lead to great changes and a small push of support can result in your progress.

When you attend appointments, you are always allowed to:

- ask for more time in an appointment
- bring someone with you or request to be seen alone
- say 'I don't understand' and ask for clarifications as many times as you need
- ask what happens if you do nothing
- ask for a second opinion
- say something doesn't feel resolved
- ask for a change in clinicians or clinics if it doesn't fit your needs

This journal is a key tool in preparing yourself with clarifying symptoms or health concerns to your clinician. It is not a confirmation or proof of diagnosis.

contact@thealetheiaproject.org

[website.com](https://www.thealetheiaproject.org) QR code

other

Acknowledgements

Imagery

Stethoscope:

<https://media.istockphoto.com/id/2222392393/nl/foto/stethoscope-on-light-blue-background.jpg?s=612x612&w=0&k=20&c=UsMs2L1kD1YFiYFyRrvVi4tkSv428AAbFTBwrmiPEAI=>

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Hands Holding:

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Designed by
Kimberly Tran



the aletheia project.