



## BEING A TRANS-AFFIRMING PATIENT ADVOCATE

Accessing affirming health care can sometimes be challenging and overwhelming for transgender individuals. It may be helpful to volunteer to act as an advocate to reduce stress, provide a sounding board, and keep track of important information from the patient's provider.

### Questions to Ask a Transgender Patient Who Has Asked You for Advocacy:

- ☐ Are you currently insured? Do you need assistance researching which providers in your area offer sliding-scale care, or assistance applying for Medicaid?
- ☐ Do you have a written copy of your biological family medical history? If not, can I assist you in accessing this information? Is there a good third party to reach out to who may help with this (such as a sibling, cousin, or close biological family friend)?
- ☐ Do you need help accessing or printing past Electronic Medical Records of health?
- ☐ Do you need help compiling your Reason for Visit and Questions for Your Provider?
- ☐ If so, what is your reason for visit? Are there any pertinent symptoms? If so, when did they start, how intense are they, and how long have they been going on for?
- ☐ Is there anything else about your medical history that would be important to remember to communicate to a provider during your appointment?
- ☐ Are you currently taking any medications? What dose and how frequently do you take them?
- ☐ Are there any other questions you want to remember to ask your provider?
- ☐ Do you need assistance scheduling your appointment?
- ☐ Do you need transportation assistance for getting to your appointment?
- ☐ Do you need someone to accompany you to your appointment?
- ☐ May I assist by taking notes during your appointment? Is it okay if I ask clarifying questions?
- ☐ Is there anything else during your appointment that I can do to advocate for you?
- ☐ Is there anything else during your appointment that I should be mindful of?
- ☐ Are you out as transgender to your healthcare provider? What name and pronouns would you like for me to use for you with your healthcare provider?