



# Am I Ready to Become an Advisor?

Are you thinking about becoming a patient and family advisor? Review the checklist below and check those statements with which you agree. If there are statements with which you do not agree, these may be things to work on before becoming an advisor.

## I am ready to be a patient and family advisor when:

- I am willing to talk about the positive and negative care experiences I had as a patient or family member of a patient.
- If I had any negative experiences, I am coping well and am ready to respectfully share my ideas about how things could have gone differently.
- I am ready to speak up and share suggestions and potential solutions to help improve hospital care for other patients and family members.
- I am willing to think beyond my own personal experiences.
- I can bring a positive attitude to discussions.
- I can listen to and think about what others say, even when I disagree.
- I am willing to keep any information I may hear as an advisor private and confidential.
- I enjoy working with people who are different from me.
- I am willing to learn how to best serve as an advisor.
- I have time in my schedule to be an advisor. Usually advisors spend at least 1 hour a month and not more than 4 hours per month on advisor work.

Adapted from resources from the Institute for Patient- and Family-Centered Care, Bethesda, MD.



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