



HEALTH & HEALTHCARE ADVOCACY

Understanding Your Care. Finding Your Voice.

Healthcare can become complicated very quickly.

A new diagnosis. A hospitalization. Several specialists. A parent who suddenly needs more help. An appointment that leaves you with more questions than answers.

You don't have to sort through it alone.

HEALTHCARE ADVOCACY & GUIDANCE

Today Transitions provides independent healthcare advocacy and guidance to help individuals and families better understand what is happening, prepare for conversations with healthcare providers, consider available options, and make informed decisions about next steps.

UNDERSTAND WHAT'S HAPPENING

Review and organize the information you have received, identify what needs clarification, and make sense of recommendations or differing opinions.

PREPARE YOUR QUESTIONS

Develop a focused list of questions before appointments so you can use limited time well and leave with the information you need.

NAVIGATE YOUR OPTIONS

Consider the practical implications of treatment, support, discharge, home care, rehabilitation, or other care choices.

SUPPORT FAMILY CONVERSATIONS

Help family members clarify priorities, discuss concerns, and approach difficult decisions with a shared understanding of the situation.

DETERMINE NEXT STEPS

Identify what needs to happen first, who needs to be contacted, what information is missing, and how to move forward in a manageable way.

WHEN HEALTHCARE BECOMES OVERWHELMING

A change in health can affect independence, family relationships, finances, living arrangements, work, caregiving responsibilities, and plans for the future. When you or someone you love is ill, it can be especially difficult to absorb complicated information or think clearly about every decision that may need to be made.

ASKING THE RIGHT QUESTIONS

Good healthcare decisions often begin with good questions. Before an appointment, we can work together to identify the questions that matter most:

What are our options?	What are the benefits and risks?	What happens if we wait?
Are there alternatives?	What should we expect next?	Who should we call if something changes?

HELPING FAMILIES THINK THROUGH NEXT STEPS

Health changes frequently affect an entire family. An aging parent may no longer be able to manage safely at home. Someone leaving the hospital may need additional support. Family members may disagree about what should happen next. I can help families step back, look at the situation as a whole, identify priorities, and think through realistic next steps.

HEALTHCARE ADVOCACY MAY BE HELPFUL WHEN...

- there is a new or complicated diagnosis
- multiple healthcare providers are involved
- an important appointment or care decision is ahead
- hospital or rehabilitation discharge is approaching
- additional support at home may be needed
- independence or living arrangements are changing
- family members are unsure about next steps
- the healthcare system simply feels overwhelming

YOUR CARE. YOUR QUESTIONS. YOUR DECISIONS.

My role is not to diagnose conditions, make medical decisions for you, or replace your healthcare providers. My role is to help you understand, prepare, communicate, and decide.

Helping you understand what's happening, ask the right questions, and move forward with confidence.