

SEE - THINK - DO - CARE Reflection tool for Patient Advocates: Identify your challenges and resources in 4 steps

Purpose: Help yourself (or your team) understand where you stand as a patient advocate and what you need to strengthen your work - step by step.

Q PHASE 1

SEE: Be seen and raise awareness

Questions for reflection:

- How do I create awareness for my work?
- What platforms or networks am I using?
- Who am I trying to reach and what interests them?

(For example: I have a hard time finding relevant platfoon)	orms to share my work



Resources I have (or c	an get):		
Ex: I'm good at social m	edia / I know some	eone who can help)

- Attend relevant networking meetings, events or conferences.
- Make a short post about your work on social media.
- Contact a patient association or organisation and offer your story.
- Become visible by sharing knowledge or experiences in newsletters or on websites.
- Use a template to present yourself briefly and clearly ('elevator pitch').



PHASE 2

THINK: Make yourself relevant and be important

Questions for reflection:

- What makes my work relevant to others?
- How do I show the value of the patient perspective?
- Who am I 'competing' with for attention?

(For example: I	Peopie aon't kn	ow wnat pat	ient involve	ment really	means)



Resources I have (or can get):

(E.g.: I can share examples / I have collaborators to refer to)			

- Write a short paper on how you create value in collaborations.
- Find 1-2 cases/examples where patient involvement has made a difference - and share them.
- Talk to other advocates and share what works.
- Attend courses or webinars on communication or advocacy.
- Prepare answers to 'Why is your voice important right here, right now?'



X PHASE 3

DO: Create action and impact

Questions for reflection:

- What can I concretely offer in collaboration?
- How do I create results?
- How do I make my voice part of the solution?

or example: I have difficulty accessing decision makers)				



Resources I have (or can get):

(E.g.: I have experience to collaboration)	hat can be used in p	orojects / I can learn	more about

- Make a list of your skills and experience and how they can be utilised.
- Seek opportunities to participate in advisory boards, projects or interviews.
- Follow current initiatives or projects where you can contribute.
- Use tools to document your efforts, such as short evaluations or feedback.
- Reach out to a potential partner and propose a concrete idea.



PHASE 4

CARE: Maintain relationships and look after yourself

Questions for reflection:

- How do I maintain motivation and avoid burnout?
- How do I develop as a patient advocate?
- How do I build long-term relationships?

(For example: I feel alone in my work / Lack support from others)		



Resources I have (or can get):			
(Ex: I know other advocates / I want to find a network)			

- Find or create a network where you can share experiences and get support.
- Set aside time for breaks and self-care even when it's exciting work.
- Be clear about your limits and what you have the resources for.
- Seek feedback and learn from the collaborations you've been a part of.
- Consider mentoring other new patient advocates it empowers both them and you.



Overall reflection:

Which phase do I most need to focus on right now?		
What is my next small step?		