

Review of Wednesday's Community Health Advocate Training

Purpose of Training Session

To share :

- Advocacy skills
- Information about the Health Care System
- Ideas about empowering women to be their own advocates
- Ways to make complaints and demand better treatment
- How to connect with community groups/organizations/individuals serving the same community of women

After These 3 Training Sessions

Roberta will work with you in your communities to ensure that you are comfortable in your role. She will help you start to develop your advocacy plan.

What do We Mean By Advocacy Plan?

It would mean many things, from broad to specific. What we mean is :

1. Where are you going to do your advocacy? (Home, women's centre, neighbourhood house, etc)
2. Who are the contacts in your community? Groups/organizations/individuals serving the same community of women who can provide support, ideas, and help with promotion.
3. How are you going to advocate? (This may change over time, the more women you meet with, the more community contacts you make, and the more comfortable you become)
4. How will you keep track of your effectiveness?



Your Role as a CHA

- ☞ provide information and support for women in accessing the health care system
- ☞ empower women to be the experts and decision-makers around their own health
- ☞ identify the main issues/problems are about the health care system for women in your community
- ☞ work to raise awareness of the health care issues for the women in your community and take steps to improve the problems

What We Need From You

- Attend three training sessions in November, 1998 about how to be a health advocate
- Work with a trainer in your community after the training session to assist you in developing your advocacy plan
- Talk with as many women as you can within your community about their experience in the health care system, offer information and support, and assist them with finding other resources for their health issues
- Meet regularly with the Vancouver Women's Health Collective and other Community Health Advocates to discuss the project
- Attend other training opportunities as they arise and if they are appropriate to you
- Take part in an evaluation before the end of March, 1999
- Remain committed to this project for one year and hopefully beyond!

This is a pilot project. You are an important group of women that will be doing this for the first time. Your creativity, feedback, and support are going to help drive this project into the future!

