MEDICAL SELF ADVOCACY AND AUTISM

QUICK FACTS:

- Self-advocacy is a skill that involves knowledge about laws, rights, and individual strengths and weaknesses, and using that knowledge to effectively communicate needs and prospectives.
- Self-disclosure is the disclosure, or sharing, of personal information about oneself to another.
- If a healthcare provider does not respect accommodation needs, it is acceptable to find a new provider.

Healthcare Disclosure Considerations:

- Discuss accommodation needs while scheduling the appointment.
- Having a card detailing medical information and needs, including Autism diagnosis and other conditions, sensory needs, communication preferences can be helpful in accessing accommodations before and during a healthcare visit.
  - Potential benefits:
    - Greater understanding from medical professions
    - By communicating needs, individuals are given a more active role in medical decisions making
    - Greater access to support services

CURRY HEALTH CENTER:

Services Provided:

- Counseling
- Dental
- Medical
- Pharmacy
- Wellness

How to Make an Appointment with the Curry Health Center:

- Counseling - Call during business hours (Mon-Fri, 8am-5pm): (406) 234-4711
- Dental - Call during business hours (Mon-Fri, 8am-11:45am and 1pm-4:45pm): (406) 243-5445
- Medical - Call during business hours (Monday, Wednesday, Thursday & Friday: 8am - 5pm, Tuesday: 9am- 5pm): (406) 243-4330, or walk-in care during business hours for illness or injury that cannot wait
- Wellness Health Coach - Call during business hours (Monday-Friday 9am-5pm): (406) 243-6719, or use HealthPortal to schedule a session
FURTHER RESOURCES:
This is a helpful resource that explains how to navigate healthcare, including information about insurance, how to make an appointment, and how to use Supporters, and worksheets to help with appointments:


This resource provides worksheets and resources to add to your healthcare toolkit and breaks down the above resource:

https://www.autismandhealth.org/?a=pt&p=main&t=pt_frm&theme=ltlc&size=small

This website includes resources to help individuals become better self-advocates/learn more about self-advocacy:

https://www.sabeusa.org/resources/

This is the University of Montana Curry Health Center website:

http://www.umt.edu/curry-health-center/

CITATIONS:

