

when it comes to my health...

I CHEWS *"I choose"*



I Involve yourself

Actively participate in your health care decisions and clearly express your wants and needs.



C Choose wisely

When making decisions, think about your health and well-being, including your enjoyment and quality of life.



Honor your values

Share what you value most at this time with your clinicians and health care team.



Educate yourself

Take time to understand all of your options, including the benefits and risks.



Work together

Work together with everyone on your health care team – including clinicians and doctors as well as your loved ones and support system.



Speak up

Ask questions so you can make informed decisions about your eating, drinking, and swallowing health care.

Use these ideas as a guide to support conversations with your family, care partners, doctors, and entire health care team about your eating, drinking, and swallowing.

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