ICHEWS.org

# when it comes to my health...

# I CHEWS "I choose"

## Involve yourself

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

## 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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