



## PATIENT ADVOCACY WORKSHEET

### Understanding Your Patient Rights

#### Instructions

1. This is a personal checklist to help you speak up and stay informed.
2. Check the boxes as you confirm your understanding or need clarification.
3. Use the “Notes/Questions” column to jot down anything you want to discuss with your provider or advocate.

Patient Rights	(✓) Confirm	(✓) Need Clarification	Notes / Questions
<b>The Right to Emergency Care Regardless of Ability to Pay</b> – <i>Emergency rooms must treat you, even if you don’t have insurance.</i>			
<b>The Right to Be Free from Discrimination</b> – <i>You cannot be denied care or treated unfairly based on race, gender, sexual orientation, disability, religion, income, or language.</i>			
<b>The Right to receive respectful, courteous care</b> – <i>You deserve to be treated with kindness and respect.</i>			
<b>The Right to be informed of your diagnosis and options</b> – <i>Your provider should explain your health condition clearly, including treatment options, risks, and benefits in a way you can understand.</i>			
<b>The Right to receive care in your preferred language</b> – <i>You can request a qualified medical interpreter to ensure you fully understand your care and can express yourself confidently.</i>			
<b>The Right to Know the Names and Roles of Your Care Team</b> – <i>You can ask who is treating you, their job title, and their role in your care.</i>			
<b>The Right to participate in care decisions</b> – <i>You are the expert on your life and your values. You have a voice in choosing tests, treatments, and care plans.</i>			



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**The Right to Pain Management** – *you should be assessed and treated for pain as part of your care plan.*

**The Right to informed consent before any procedure** – *Before you receive any treatment or procedure, you must be told what it is, why it's needed, and what your choices are—including doing nothing.*

**The Right to know costs before treatment (transparency)** – *You can ask about prices for services and procedures in advance. This includes asking about insurance coverage, co-pays, and potential out-of-pocket costs.*

**The Right to Cultural, Religious, and Spiritual Support** – *care that respects your cultural values and beliefs, including religious practices and spiritual preferences.*

**The Right to Safe Care** – *expect a clean, safe environment free from abuse, neglect, and avoidable harm, with protocols to prevent medical errors and infections.*

**The Right to refuse treatment (unless emergency)** – *You may decline care, except in certain emergencies.*

**The Right to Participate in Advance Care Planning** – *You can express your wishes about future care through advance directives, living wills, or naming a healthcare proxy—and those decisions must be respected.*

**The Right to confidentiality of medical records** – *Your health information must be kept private.*

**The Right to access your medical records** – *You can request, review, and obtain a copy of your health records.*

**The Right to file a complaint or grievance** – *You can report concerns without fear of retaliation.*

**The Right to have a support person or advocate present** – *You may ask someone*

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*you trust to attend appointments, help ask questions, or speak on your behalf.*

**The Right to obtain a second opinion – You**  
*can consult another healthcare provider  
any time during your care.*

#### **Action Steps:**

- What questions do you have?
- Who can you talk to for support?
- If you are currently hospitalized, talk to your physician or nurse about any concerns.
- If you are home, call or send a portal message, or schedule a follow-up appointment to discuss your concerns.