

# Empowering Patients

-a patient's perspective

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# Characteristics of an empowered patient

## What should we strive to achieve?

### A patient who:

- ▶ Understands what thalassaemia is and how it affects their body
- ▶ Is able to take responsibility for their own care and outcomes
- ▶ Recognises the importance of implementing a holistic approach to their care

# Characteristics continued...

- ▶ Has the confidence to :
  - 1) participate in conversations about their care
  - 2) make informed choices about their care
  - 3) challenge health care professionals
  - 4) Ask for help when they need it!

# And lastly.....

- ▶ Patients with Thalassaemia are an asset and a HUGE resource- use them!

Thank You!