

# Stand in your power: Share your story to help create change

Your voice, your story, and your lived experience have the power to shape systems and guide real change!

## Why your story matters

- Protect important programs like Medicaid: Now is the time to defend programs that matter. Your story can highlight what is at stake.
- Drive policy and quality improvement: Real stories show what is really happening and help shape the rules and programs to make healthcare work better for everyone.
- Make the data personal: Stories like yours humanize data. They influence decision-makers and have the power to make change.
- Build collective power: When one person shares, others are inspired to do the same.

## Be informed: What to consider before sharing

- Am I emotionally ready to share my story?
- Could sharing my story lead to any risks or negative outcomes for me?
- How will my story be used and shared?
- Is this a one-time ask, or part of a deeper opportunity?
- Are the people collecting stories committed to making real change?

## Ways to get involved

- Learn whether your local hospital has a Patient and Family Advisory Council (PFAC) that you could join.
- Join national communities like the PFAnetwork, attend national conferences like *Putting Care at the Center*, or raise your voice on social media.

## Tools & resources

Interested in learning more about benefits, things to think about, and ways to get involved to make change? Scan the QR code to the left to read a more detailed version of this paper.



Want to see how others are sharing their stories? Scan the QR code to the left to visit the **Soapboxx story platform**.



Interested in learning more about how INSPIRE is working to advance authentic community engagement in healthcare? Visit [camdenhealth.org/inspire](https://camdenhealth.org/inspire)

**Your experience matters!**

**When shared with intention and support, your story and experiences can help shape the future of healthcare.**