

Am I Ready to Become a Patient or Family Advisor with the Toronto Stroke Networks.

When considering if the advisor role is right for you, it may help you to think about your strengths and views or thoughts that you would bring to the role.

Do you agree with the following....

Personal Strengths

The views of patients and families are as important as providers.	Yes	No
I have valuable views to share.	Yes	No
I know why I want to be an advisor.	Yes	No

Supporting Others

I am willing to share my experiences.	Yes	No
I am able to accept the opinions of others.	Yes	No
I am coping well with my own feelings and emotions.	Yes	No
I can support the needs and feelings of others.	Yes	No

Working with Others

I am willing to work with others for a common goal.	Yes	No
I am able to keep what I hear private.	Yes	No
I am a good listener.	Yes	No
I keep my commitments.	Yes	No

Working Together

I do not let past bad experiences or attitudes affect how I work with others.		
When I have an experience to share, I am able to speak up.	Yes	No
I am able to compromise with others.	Yes	No
I have realistic expectations for myself and others.	Yes	No
	Yes	No

If you scored “YES” on 8 or more of the questions above, then the advisor role may be right for you.