



DINÉ BĀ ÁLCHÍNÍ YİŁ ÁDAANÍ NAVAJO FAMILY VOICES

a program of Indian Country Grassroots Support

www.navajofamilies.org and www.indiancountrygrassroots.org

Átchíní hózhóójí bá Nahat'á Planning for our kids in a blessing manner

THREE STEPS IN HEALTHCARE DECISION-MAKING

1

MAKE & UPDATE COMPLETE LIST OF NEEDS

Make , and keep updating, a list of needs which is the foundation of your wellness decisions for your family. (When needs are fulfilled, make a note also)

2

TEAMWORK

Make sure your doctors and nurses know who you are and understand what is happening with you, and you also know your doctors and nurses so you can become a decision-making team. Make sure your family and community are as much a team as possible, especially in a rural place with limited resources.

3

KNOW KNOWLEDGE

Knowledge is like a person that you get to know more and more, taking care that you know them and don't forget them. In order to be useful, you need to be able to use Knowledge. Knowing knowledge is sometimes the most difficult step. It will take time, effort, and mutual support.

***Planning in a blessing manner will take effort and support.
Please contact us if we can help as peer-to-peer families.***

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