



CHRONIC ILLNESS / CAPACITY

Plan for the capacity you have.

Your calendar does not get the final word on your body.

This is an everyday planning tool, not a way to predict a flare or judge effort. Follow your care team's guidance and adapt activities to your condition and access needs.

01 What is my capacity like today?

Describe energy, concentration, comfort, and practical limitations in your own words. No number required.

02 Sort the demands, without making care a reward.

What needs support now? What can be simplified, postponed, delegated, or declined? Food and rest do not have to be earned.

03 Choose a flexible version of one valued activity.

What would a smaller, accessible version look like? It is also okay to stop or skip it.

MY SUPPORT REQUEST

I could use help with... The most useful kind of help would be...



CHRONIC ILLNESS / ADVOCACY

Make the appointment count.

A clear request, without having to tell the whole story at once.

Bring your symptom tracker, current medication and supplement list, and relevant records. A trusted support person or interpreter may help if you want one.

01 Name my priority and its impact.

Try: "My main concern is... It affects my ability to... This has changed since..." Choose one main concern and two others if useful.

02 Ask for an explanation and a next step.

"What possibilities are you considering? What would help us understand this? What are the options and tradeoffs?"

03 If my concern still feels unanswered...

Try: "I am still concerned because this affects... Could we review what happens next, or whether another opinion would help?"

WHAT I WANT TO LEAVE WITH

A question answered, an agreed plan, or a clear explanation of what remains uncertain:



CHRONIC ILLNESS / IDENTITY

More than the medical file.

Make room for loss without requiring a silver lining.

Reflect on one manageable change. No gratitude assignment or promise of recovery. Skip the page if it asks more of you than you want to give today.

01 One change I want acknowledged is...

A role, plan, opportunity, ability, relationship, or routine that illness has affected.

02 A part of me I want room for is...

A value, identity, interest, or connection, whether or not I can act on it right now.

03 What support would respect both my reality and my choices?

What do I want others to understand without needing to prove how ill I am?

A SENTENCE THAT FITS TODAY

I can be more than my illness and still need...
