

## **Helping People, Helping Me!**

by

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I understand Healthcare is in a fragile state of indefinite now.

I do comprehend the stress healthcare professionals can be experiencing.

Understand this:

I live with chronic illnesses (Chronic Obstructive Pulmonary Disease, Asthma, Pulmonary Hypertension, Congestive Heart Disease, Osteoporosis, Chronic Debilitating Pain) and more.

When I come for help it's because I do need help .

As a person, I need what you already have.

Living with serious , frightening and life threatening illnesses, I feel drained, exhausted, frightened, sick much of the time, weak and terrified! Though I am sick a lot and need medical care more it does not mean that I am not able to think, to decide what is best for me and my body and to make the decisions of what goes in my body!

The following are vitally important to me and to most people: Treat me with:

Dignity

Respect

Honesty &

Integrity

I am a person first!

I do need help "Yes"!

I do not need nor do I want my credibility to be continually at question!

I do not want healthcare professionals or anyone else to rob me of my independence!

I want to do all I am capable of doing!

I want to decide for myself my needs, my treatments, my care and my medications and decide, along with my doctor(s), the manner in which my medications and treatments to be taken!

Do not rob me of deciding for me what I need to and want to decide for myself!

Decisions that concern me are mine to decide!

I know how I can be helped.

At times, I cannot do the physical portion if it!

I welcome discussions, guidance, help when I ask for help and help for what I do need help with!

Understand this, my doctor(s) and other healthcare professionals, I am the only expert in "ME!"

Never even think for a second that you know more about me than ME!

I know what works with me and I know what does not work!

I know what will help me and I know what will not help me!

I pray that you, doctors and other healthcare professionals, would just ask me, talk with me, discuss with me, teach me, educate me and allow ME to make the decisions concerning ME!

Do not take from me what I am able to decide for myself!

Understand that when I say "NO", I mean "NO"!

Educate yourselves on the meaning of "NO"!

You steal from me when you make decisions that I, Evelyn, should be deciding for myself!

You rob me, when you steal my power, my will and my being!

If your idea of helping me is to steal everything in me that allows me to be the person I am, you haven't helped me, you've stolen what is most important to me!

You have, also, hurt me in the process!

You have taken more than I can afford to lose!

Yes, do help me but, do not cause me more pain, more hurt, added suffering and excruciating harm in the process!

Do better!

Evelyn Pinto

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