

# Nebraskans with disabilities offer the following advice to health care professionals:

**Don't be scared of me**

*Talk in words that I can understand*

*Tell me what you are going to do before you do it*

**I need regular check-ups**

**Treat me as you would want to be treated**

*My Body  
My choice!*

**It's my decision, not yours**

**Sometimes I need my doctor to fill out forms.**

*Answer my questions truthfully*

**Please don't get mad at me or charge me extra.**

**Talk with ME not my staff**

**Respect my right to privacy**

***Listen to Me and Respect Me***

*Help me learn about my health  
so I can make better decisions*

**Sometimes I need a break,**

*I am not a child,  
I am an adult*

**please let me rest when I ask you to**

**I can't climb onto your exam table and**

**your rooms are too small for my wheelchair**

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*Advocacy for and by People with Disabilities*