

Remember the **ASK** Steps

Use this guide to ASK, speak up, and shape the conversations that matter — with your care team, schools, support networks, and beyond.



Assess & Articulate

- Assess your symptoms, concerns and goals before every appointment and interaction.
- Write down your top 3 priorities.

1. _____

2. _____

3. _____

- Articulate them clearly.

Speak Up

Tell your full story, even if it feels small or repetitive. The details matter. Whether it's about care, support, education, or daily life — speak up about what you need.

Know Your Options

For every recommendation or decision, ask about the potential benefits, challenges and options — and know what resources are available to help you take the next step with confidence.