

Getting involved: a personal self-assessment tool for consumers

This self-assessment may help you in determining your goals and readiness for the consumer representation role you are considering, or have recently decided to undertake.

Why do I want to be involved as a consumer? (Past experiences - either good or bad)	
Have I had sufficient time since my diagnosis or health experience (or that of my family member) to be able to work on these issues in an objective way?	
What can I bring to this activity? (Ideas, information, knowledge, skills, experience)	
What do I want to achieve from my engagement as a consumer?	
What type of support do I need?	
What type of role might best suit me?	
How do you think the organisation will benefit through consumer involvement?	