

One-Sentence Advocacy Card

Use one clear sentence when the full story is too much.

This is not a confrontation script.

Name the pressure, request one change, and leave with a next step.

CONVERSATION WITH / ROLE

DATE

FOLLOW-UP DATE

1. WHAT NEEDS TO BE SAID

THIS CONVERSATION IS MOSTLY ABOUT

☐ Shared caregiver load

☐ Relationship pressure

☐ Schedule or timing

☐ Caregiver training

☐ Communication / updates

☐ Another pressure point

THE SPECIFIC PRESSURE POINT

WHAT THIS IS COSTING THE FAMILY

2. ASK FOR ONE CHANGE

THE KIND OF CHANGE I AM ASKING FOR

☐ Remove or pause one expectation

☐ Include both caregivers together

☐ Assign one responsibility clearly

☐ Change timing or scheduling

☐ Send the same update to both adults

☐ Give one support / referral route

☐ Another concrete change

THE EXACT CHANGE I AM REQUESTING

3. BUILD THE ONE SENTENCE

USE THIS SHAPE

Right now, [specific pressure] is causing [family impact]. I need [person / team] to [one concrete action] by [next step or date].

YOUR ONE SENTENCE

4. LEAVE WITH CLARITY

WHAT WAS AGREED

OWNER / CONTACT

IF NO ANSWER, CONTACT