

The Power of Empowerment

Empowerment means feeling confident and prepared to make choices or solve problems, which is important when you are navigating or caring for someone with hemophilia.



Where does empowerment come from?

Empowerment comes from knowing yourself, understanding your condition, advocating for yourself, and being supported by the people around you.

The 3 pillars of empowerment



Embrace uniqueness

What traits make you special? Think about characteristics like creativity, gratitude, and bravery. These are strengths that can help you navigate difficult situations, such as opting out of activities or asking for accommodation.



Engage in self-advocacy

Self-advocacy means understanding your needs and speaking up for yourself in order to have those needs met, such as asking for time to rest or infuse.



Create empowering partnerships

Partners in empowerment support you in your decisions. They can be friends, family, a care team, others with hemophilia, and other people in your life who believe in you and your abilities.

Assertive advocacy and you



Your communication style is important when educating others about your needs. This often manifests itself in one of three ways:

Passive communication

When others do most of the talking or decision-making, you may be a passive communicator. This may make it difficult for you to get what you need.

Aggressive communication

If you find yourself dominating conversations and interrupting others, you may be adopting an aggressive style. This can make people less willing to respond in a positive way.

Assertive communication

Assertive communication means being clear and honest, while also listening and being respectful. Finding this balance will help you explain and express your needs, such as setting boundaries or informing a healthcare provider about your condition.

Empowerment in action

Remember: Empowerment can be nurtured, practiced, and grown over time. This activity is a helpful way to visualize the situations, behaviors, and people who bring you confidence in navigating life with hemophilia.



Step 1

On a new piece of paper, write a word that describes a situation where you feel in control of your surroundings and empowered to speak about and make decisions regarding your hemophilia. Make that word so large it fills as much of the space as possible.

Step 2

Fill in the space around your big word with actions you take in that situation that make you feel confident.

Step 3

Write down the names of people who support you, continuing to fill in as much space as you can. Post this somewhere you will see it often for a reminder of what makes you feel empowered.



Empowerment is an active and lifelong process. The more you practice advocating for yourself and others, the easier it will become. Each day is an opportunity to gain the skills and confidence to speak up for yourself.

Notes and questions

Here, you can write down any notes or questions for the next empowering conversation you plan to have. This could be with a doctor, a teacher, a colleague, or anyone with whom you need to discuss your needs.



To find empowering stories from others in the hemophilia community and share your own, visit **RedefiningHemophilia.com**.