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**Navigate  
Perceive  
Delegate  
Impact  
Involve**

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**Exploring Lynda's experience navigating the health care system, we discussed topics from multiple perspectives, like words and their meaning.**



**Group: 17**

**Mentor - Lynda**

**Ainsley - Occupational Therapy**

**Caitlyn - Nursing**

**Kristin - Doctor**

**Mackenzie - Speech Language Pathology**

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# Mentor Lynda

## Key Takeaway

The excitement in assisting new health care professionals to understand the **impact** of their choice on patient experiences in various areas of our health care system.

# Nursing Caitlin

## Key Takeaway

Learning about other faculties and one does not need to know everything – remembering to **delegate** tasks to the most appropriate person.

# Occupational Therapy Ainsley

## Key Takeaway

Personal lived experience of Lynda and how she **navigates** the health system instead of reading it out of a textbook.

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# Medical Doctor Kristin

## Key Takeaway

Being more aware of certain terms such as "disability" vs "needing accommodation" and how they can be **perceived** in many different ways by many different people.

# Speech Language Pathology

Mackenzie

## Key Takeaway

The impact of words and their meanings and the importance of **involving** individuals in their healthcare decisions.

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**Questions?**