



# Conversation & Resources Guidebook

A resource guide for your calls with a CIDP Mentor



Thank you for being part of the Let's Talk CIDP mentor program! The goal of this program is to connect you to a CIDP Mentor for empathy, practical advice, and tips for living with CIDP.

## What is this guidebook for?

While these 1-on-1 calls with your CIDP Mentor will be driven by what you would like to discuss, this guidebook is just that—a *guide*. The resources and topics provided in this guidebook are to help you ask questions and connect with your CIDP Mentor.

“

Having a mentor when I was diagnosed would have given me more peace of mind and more answers.”

-Mel, living with CIDP

## Remember:

- This guidebook has helpful resources on important topics
- Be open to the experience! These CIDP Mentors are ready to listen and help

**CIDP Mentors are not medical experts. Please reach out to your healthcare provider if you have questions about treatment.**

CIDP=chronic inflammatory demyelinating polyneuropathy.



# Conversation Starters

## What to talk about with your CIDP Mentor

Living with CIDP looks different for everyone, and your experiences matter. Use these calls to share your story—what's helped you, what's been difficult, and what you're still figuring out.

Whether you're looking for support, tips, or simply someone who understands, this is a safe space to speak openly about life with CIDP. Through Let's Talk CIDP, you can gain new perspectives and feel more empowered to navigate your CIDP journey.

### Set a Goal for your call

Take a moment before your call to think about what you'd like to ask, learn, or speak to.

#### Here are some thought starters:

- "How can I talk to my doctor more effectively when it comes to my treatment?"
- "I want to learn how other people living with CIDP handle their day-to-day"
- "How can I navigate these mobility challenges that come with CIDP?"

### Take Notes

Your CIDP Mentor will share lots of resources and information to help you on your journey. So, whether you use a physical notebook, a digital note-taking tool, or have a loved one help with taking notes, get ready to learn helpful tips!

### Be Open About Your Experience

While it can be difficult to share your experience, remember that these CIDP Mentors are here for you. They're here to listen to the good—and the bad—when it comes to your journey with CIDP!



Knowing what to talk about can feel overwhelming, but we've got you covered! This handy questionnaire is designed to maximize your conversation with your CIDP Mentor and help you reflect on key points you would like to discuss.

*Please note: This questionnaire is meant to help guide you, but you don't have to complete it before your call.*

## SELF-ADVOCACY

**How do you prepare for doctor conversations?**

(fill in the blank)

**Do you feel comfortable asking your doctor questions about CIDP?**

☐ Yes

☐ No

Why or why not? (fill in the blank)

## CIDP COMMUNITY & SOCIAL LIFE

**Have you connected with another person with CIDP before?**

☐ Yes

☐ No

**Would you like to get more involved in the CIDP community?**

☐ Yes

☐ No

**Would you like to learn more about navigating your social life around CIDP?**

☐ Yes

☐ No

## LIFESTYLE & MANAGING SYMPTOMS

**Do you have difficulty managing your time because of CIDP?**

☐ Yes

☐ No

Why or why not? (fill in the blank)

**Has limited mobility affected how you plan your day or socialize with friends or family?**

☐ Yes

☐ No

Why or why not? (fill in the blank)

## TREATMENT OPTIONS

**Have you talked to a healthcare provider about CIDP treatment options for you or your loved one with CIDP?**

☐ Yes

☐ No

Why or why not? (fill in the blank)

# CIDP Resources

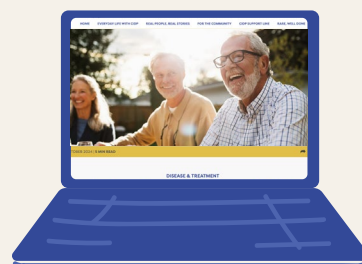
Use these resources from  
[ShiningThroughCIDP.com](https://ShiningThroughCIDP.com) to learn more

## DOWNLOAD



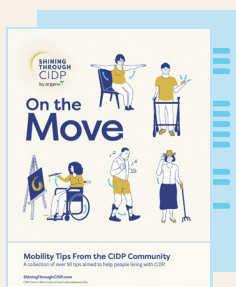
### [Doctor Discussion Guide](#)

## ARTICLE



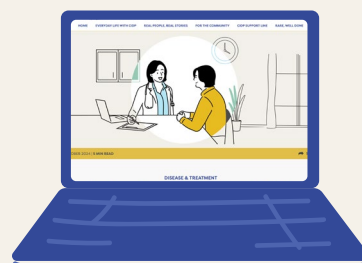
### [Adapting Social Life](#)

## DOWNLOAD



### [On the Move: Mobility Tips eBook](#)

## ARTICLE

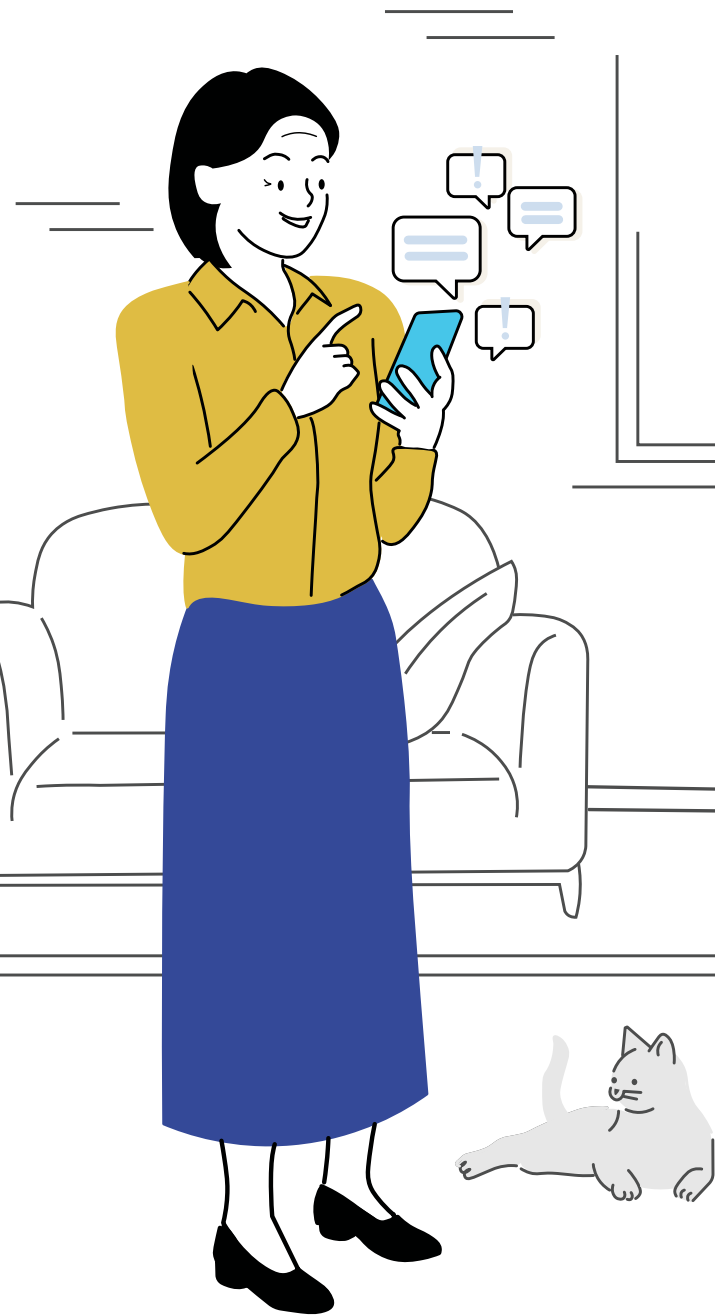


### [Understanding CIDP Treatment Options](#)

03.

## Don't Forget to Take Notes!

# Closing Checklist



**How was your experience? Use this checklist at the end of your call to determine how it's helped you and if you would like to schedule another call with a CIDP Mentor.**

☒ **Review what you discussed in your conversation with your CIDP Mentor**

*Refer to notes you may have taken throughout your call*

☒ **Determine if you would like to have another call**

*Did this call answer your questions?*

*Would another call be beneficial to discuss what to talk to your doctor or loved ones about when it comes to CIDP?*

☒ **Plan on talking with your doctor about treatment goals**