



## Shaping healthcare: Joining the conversation

A self-proclaimed serial volunteer, Sarah Hissett has stayed actively involved in her community over the years. In 2017 it was that passion that led her to join the Yellowhead East Health Advisory Council (HAC).

Motivated by her personal values and conviction, Hissett joined for a couple of reasons, “I think it’s important, as a responsible citizen, to participate and help shape healthcare in my community. I also think it’s important for my generation to have a voice at the table,” says Hissett.

As the mother of two young girls, Hissett is proactive in her family’s healthcare. Most of what she knows about it came from the media. When she saw an opportunity to volunteer on her local HAC, Hissett saw it as a great opportunity to develop a deeper understanding of healthcare while also exposing her to different perspectives and ideas.

As her knowledge of issues facing healthcare grows, Hissett now takes part in conversations about it and shares ideas with those in her community, through the Council. Hissett has been a conduit for feedback, acting as a messenger between her community and the HAC.

“When it comes to volunteering in the field of healthcare, representation tends to be of an older generation - which is great. I think what I offer is that of a younger demographics’ perspective, broadening the scope of input. I also have a rural and large urban perspective,” says Hissett.

Sarah has learned a considerable amount about healthcare since joining the HAC. She sees its efforts having an impact, including its work around mental health.

“Working on the stigma of mental health is important, as is breaking down barriers associated with it. Our HAC has opened up the discussion about this topic which provides our communities an opportunity to learn more about the system.”

Sarah is a fulltime caregiver and is busy running an active and growing household. In addition to her two children and husband, her family includes two cats, two dogs and 15 chickens. In her free time, Hissett keeps busy volunteering at her district community health foundation and she also likes to play volleyball, shop and read.

For more information on the Yellowhead East Health Advisory Council, visit [ahs.ca/advisorycouncils](http://ahs.ca/advisorycouncils), or email [yellowheadeast@ahs.ca](mailto:yellowheadeast@ahs.ca).



*Sarah Hissett, 2019, Battle River*