

Rootz of Power – Programs Overview

Rooted in Health, Growing in Equity

Rootz of Power is a nonprofit organization dedicated to strengthening healthcare self-advocacy and improving access to health literacy, navigation tools, and equitable support pathways. Our program model is intentionally structured to build foundational advocacy skills first, followed by targeted program supports as funding becomes available.

Power to the Patient (Core Program)

Power to the Patient is the foundational program for all Rootz of Power participants. This program equips individuals and families with the skills and language needed to confidently navigate the U.S. healthcare system.

- Prepare effectively for provider visits
- Communicate symptoms clearly and accurately
- Ask informed questions and request explanations
- Use insurance as a tool rather than a barrier
- Organize medical records, medications, and care plans

Format: In-person workshops, virtual cohorts, and advocacy toolkits

Ideal For: Individuals who feel dismissed, overwhelmed, or unsure how to navigate next steps

GenPower Project (Under Development)

The GenPower Project supports individuals and families navigating family medical history, genetic risk awareness, and preventive care planning. Participants learn how to document health histories, request appropriate referrals, and understand genetic testing discussions.

Program availability dependent on funding.

EmPowerHer (Under Development)

EmPowerHer focuses on education and navigation support for individuals navigating women's health transitions and complex care needs, including menopause-related quality-of-life challenges. The program emphasizes informed decision-making and care coordination.

Program availability dependent on funding.

SmilePower Project (Under Development)

SmilePower Project addresses barriers to dental, orthodontic, and periodontal care by providing education, care navigation, and assistance pathways aimed at reducing preventable oral-health inequities.

Program availability dependent on funding.

Rootz of Power actively seeks grant funding and community partnerships to expand program availability and serve more individuals and families.