

## About Us

### WE TEACH

#### PATIENTS

How to make informed decisions; & manage their care

#### CAREGIVERS

How to advocate for loved ones; and

#### CLINICIANS

How to communicate in ways that help their patients.

### WE DO THIS THROUGH

- The *Healthcare Communication Review*;
- Free TIP(s) OF THE MONTH, via email;
- Free talks to community groups;
- Webinars for Clinicians;
- Webinars for Patients and Family Caregivers;
- Monthly Public Access TV Program; and
- Website, on which back issues of the *Review* and links to resources (for information and support) are posted.

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Office Location: 24 Main St. • Highland, NY 12528

Mailing Address: PO Box 661 • Stone Ridge, NY 12484

Phone: 845-691-8023 • Fax 845-687-2328

[www.healthcp.org](http://www.healthcp.org) • [info@healthcp.org](mailto:info@healthcp.org)

HEALTHCARE COMMUNICATION PROJECT

*A 501 (c) (3) Non Profit*

# On Taking Charge of Your Healthcare

**Programs for Patients,  
Their Families, and Advocates**

Developed and Conducted by the  
Healthcare Communication Project, Inc.

# A Partial List of Topics for Patients & the General Public

## **How to Talk to Doctors: Underlying it all**

Attitude – how we see ourselves and how we see our doctors – plays a large role in how we talk to them. And how we talk to them plays a large role in the quality of care we receive. What attitude should patients have? After looking at the different attitudes people have brought to their doctors, and how those attitudes can affect their healthcare, this program will describe one attitude that can pave the way for the best possible care.

**Getting the Most Out of Office Visits:** Doctors have less and less time to spend with patients during office visits. As a result, patients often don't get all their concerns addressed in one visit. This talk will look at reasons for this situation and suggest steps patients can take, and questions they can ask, so that they can get the most out of those visits.

## **Family and Friends: Using and Being Advocates**

This program will look at ways family and friends can see that their loved ones' healthcare needs are met as well as how patients can help family and friends advocate for them.

## **Making Informed Decisions**

Topics covered in this program include: what we need to know and do in order to make an informed decision; how to deal with information overload; obstacles that hinder the decisionmaking process; and ways to minimize them.

## **Finding, Understanding and Discussing Medical Information**

In this day and age, we are expected to take charge of our care – beginning by learning about our ailments. This is made all the better by the ease with which information can be found. But finding wrong information is as easy as finding right information. Even when right information is found, it is not always easy to understand. Even when it is right and correctly understood, information may not apply to us. This program will cover how to find correct information, how to learn what it means, and how to learn whether it applies to our own particular situation.

## **Understanding and Managing Medications**

For safety's sake, patients need to learn about, decide on, and manage their medications. Topics covered in this program include: factors that influence decisions to prescribe or take particular drugs; questions to ask when making those decisions and techniques for managing them. Also covered are: the FDA approval process, how to understand and check prescriptions, and more.

## **Children and Doctors: The Role of Parents**

In healthcare, as in life, an important role of parents is to help their children grow into capable, responsible adults. With the goal of helping children learn how to grow into the role of partners in their healthcare, this program will look at steps parents can take – from the time their children are toddlers to the time they reach legal maturity.

## **For More Information**

**To schedule a program or ask about other program topics,  
Call: 845-691-8023 or email: [info@healthcp.org](mailto:info@healthcp.org)**