

## About Us

The Healthcare Communication Project is a 501 (c) (3) nonprofit organization that seeks to help patients and their families learn how to get, give, and discuss information so that they can make healthcare decisions that are as informed as possible. We also seek to help doctors and allied health professionals learn how to talk with patients and their families. These goals are pursued through our:

- Free, semi-annual publication, the *Healthcare Communication Review*;
- Free talks to community groups;
- Professional in-services; and our
- Website, on which back issues of the *Review* and links to resources (for information and support) are posted.

©2009 Healthcare Communication Project, Inc.

**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 • info@healthcp.org**

*An Educational Resource for Helping Patients  
Manage Their Conditions as Partners in Care*

*HEALTHCARE COMMUNICATION PROJECT*

# 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:** This talk will look at ways that patients who have multiple concerns to address can present those concerns to their doctors and get the most out of their 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.

## **Negotiating Treatment Decisions**

Patients and doctors usually want the same thing – for the patient to get better. But patients do not always agree with their doctors as to what should be done to get better. This program will look at how to negotiate with doctors when agreement is absent.

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

In this day and age, patients are expected to take charge of their care – beginning by learning about their conditions. This is a good thing, 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 the particular patient. This program will cover how to find correct information, how to learn what it means, and how to learn whether it is relevant to the particular patient.

## **Managing Medications**

How well are medications working? Will they interfere with other medications? This program will address these questions and offer techniques for managing medications.

## **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)**