

# Taking Charge of Your Health

## Free Health Seminars For Community Groups

The Health Care Consumers' Association of the ACT (HCCA) offer free talks and workshops that help people get what they need from the health system. We can adapt these to meet the needs of your community group. Contact us to find out more.

### Topics



#### **Navigating the Health System**

Learn about the different types of health services that are available in the ACT and improve your ability to choose the right service, at the right time for you.

#### **Stretching Your Health Dollar**

Learn strategies for saving money in the health system. Includes bulk-billing doctors, saving on allied health, walk-in centres, private health insurance and more.

#### **Managing Your Medicines**

Understand how to read a medicines label, the differences between a generic and a brand medicine and the tools and strategies for managing medicines.

#### **Getting the Most Out of Your Appointment**

Tips and tools to help you interact with your health practitioner and confidently manage your health.

#### **Giving Feedback and Making Complaints**

Learn the steps to giving feedback, making a complaint and the agencies that can help you to resolve issues and bring about change.

#### **Staying Safe in Hospital**

Learn about the risks in health care, tips for being heard and strategies for staying safe.

#### **Finding Trusted Health Information**

Learn how to find useful, relevant and trusted sources of health information online and tips for spotting misinformation.

#### **Consumer Participation Training**

Learn the skills so you can increase the consumer voice in planning, policy and delivery of health services.

#### **A Conversation for Everyone: Advance Care Planning**

An Advance Care Plan ensures your values and preferences are respected when you can't voice your decisions.

**Don't see what you're looking for? Our team is always developing new resources, so contact us to let us know what you need.**