

Take 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 book a session or go to hcca.org.au/events to see our public events.

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 medicine label, the differences between a generic and a brand medicine and way to manage your medicines. Presented with a registered pharmacist.

Making the Most of Your Appointment

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



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.

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.

