

# 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](https://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.



#### **Your Rights in Health Care**

Learn about your rights in health care, how to make a complaint and who 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.

#### **Advance Care Planning**

An Advance Care Plan ensures your values and preferences are respected when you can't voice your decisions. This session teaches people with chronic health conditions and their carers how to plan ahead.

**Don't see what you're looking for? Contact us to let us know what you need.**

