

# **Resources about Navigating the Healthcare System and Talking with your Doctors**

## **The National Transitions of Care Coalition**

<http://www.ntocc.org/WhoWeServe/Consumers.aspx>

This website provides information to help patients and their caregivers better understand issues associated with transitioning from one health care setting to another and tools to help consumers as they navigate transitions.

## **The Agency for Healthcare Research and Quality**

<http://www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/index.html>

This website includes questions to ask your doctor, questions to ask before, during, and after your appointment, and videos from patients and clinicians about the importance of good communication.

## **National Institutes of Health**

<https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/talking-your-doctor>

This website includes information about talking with your doctor, planning a doctor visit, a toolkit for older patients, and communication in cancer care.

## **National Institute on Aging**

<https://www.nia.nih.gov/health/publication/talking-your-doctor/opening-thoughts-why-does-it-matter>

This website offers a free printable called “A Guide for Older People: Talking with Your Doctor”