



Resources about Navigating the Healthcare System and Talking with your Doctors

The National Transitions of Care Coalition

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

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

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

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"

Please note that the resources in this list are not meant to be exhaustive, but we hope that they will be helpful places to start. If you have questions and suggestions of resources to add, please contact Lindley Curtis, Support Services Coordinator at the SECU Family House, at 336-793-2822 or Lindley.Curtis@familyhousews.org.