

Theo & Alfred M.
Landon
Center on Aging

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging, Room 200

*How to Advocate for Yourself:
Getting the Best Healthcare Possible*

July 13, 2005

**Presenter: Carol McAdoo Motivational Speaker
& Facilitator**

Carol's experiences in healthcare have been from bedside to the boardroom. The message she brings to the audience wraps real world pragmatism with the sheer joy of living. She is a skilled "storyteller" whose message focuses on the extraordinary capabilities of ordinary people.

This workshop is a practical guide to negotiating the healthcare system. You will learn how to form a partnership with your doctors and nurses, how to let your medical team know who you are and what you want and how to communicate about your care plan in language that is meaningful to you. Patients rights and responsibility will be explored. Additionally, you will learn the business of calling in reinforcements. This is an information program aimed at teaching you to be in charge of your healthcare

<http://www2.kumc.edu/coa>

Bring a lunch and enjoy the presentations. Refreshments and dessert provided.
Free, convenient parking.

Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.

