

Talking with your Doctor



- Doctor visits are different
- The patient makes decisions
- Decisions are more complex
- Preparation for visits
- Questions to ask
- Deciding on treatments
- Insurance complications
- Follow ups
- Medical history binders

Going to the doctor isn't what it used to be. The "good old days" are gone now and there's a whole new way of thinking surrounding the doctor-patient relationship. Communication is key in building good relationships with your health care providers and getting the best possible care. Learn to communicate effectively with doctors and other providers. Understand the fresh mindset that healthcare providers have today.

Jan 13, 2020 – 12:10 p.m.
Pierce County Annex, Main Meeting Rm.
2401 S. 35th St., Tacoma

Jan 13, 2020 – 6:30 p.m.
Gig Harbor Branch Library
4424 Pt. Fosdick Dr., SW, Gig Harbor

Jan 15, 2020 – 6:30 p.m.
Parkland Spanaway Branch Library
13718 Pacific Ave. S., Tacoma

A free information event provided by
Pierce County
Aging & Disability Resources

For additional information call
(253) 798-4600 or (800) 562-0332
No RSVP required

NOTE: In case of inclement weather
Call 253-798-8787 for necessary
postponement or cancellation.



Pierce County

Human Services
1305 Tacoma Avenue
Tacoma, Washington 98402

Aging & Disability Resources

Get the most out of your doctor visit

In the fast-paced world we live in, it can be difficult to feel heard at healthcare appointments. These appointments can move quickly, so having a second set of eyes and ears can be crucial to good follow-through. When it comes to your health, it's important for patients and caregivers to be active participants in their care conversations.

[Pierce County Aging and Disability Resources](#), in collaboration with the National Institute on Aging, is proud to offer "Talking with your Doctor," a presentation focusing on the philosophy guiding the medical community today. This free, research-based presentation will review expectations that providers have for their patients, and how preparing for medical appointments is more important than ever.

The presentation will be offered three times in January:

- Jan. 13 – 12:10 p.m., Pierce County Annex, 2401 S. 35th, Tacoma
- Jan. 13 – 6:30 p.m., Gig Harbor Library, 4424 Pt. Fosdick Dr., Gig Harbor
- Jan. 15 – 6:30 p.m., Parkland/Spanaway Library, 13718 Pacific Ave. S., Tacoma

Attendees will be provided with special tools to help make the most of their healthcare visits, such as a preparation form, medication tracker, tip sheets, local resources and a symptom guide. The information in the presentation comes from the National Institute on Aging, a federal agency that is part of the National Institutes of Health and the Department of Health and Human Services.

"Most clinicians are under a significant time crunch," said Aaron Van Valkenburg, Pierce County Aging and Disability Resources manager. "They can only spend a limited amount of time with each patient. If a patient has not prepared adequately for their visit it could be time wasted for everyone. Knowing exactly how to describe symptoms, the context for an issue and preparing with questions makes a world of difference."

"Talking with Your Doctor" is free and open to the public. Anyone of any age can attend and no RSVP is required. For more information about the presentations, call the Pierce County Aging and Disability Resource Center at 253-798-4600 or 800-562-0332. In case of inclement weather, call 253-798-8787 for an updated schedule.

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