

TALKING WITH YOUR DOCTOR



Taking an active role in your health care

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Presentation Toolkit

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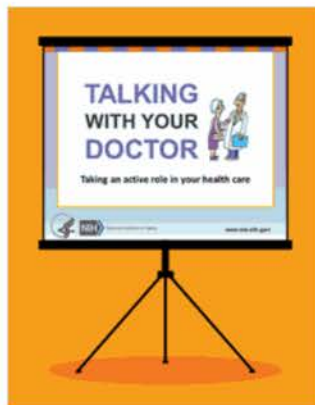
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HEALTH & AGING



Talking With Your Doctor Presentation Toolkit



 [Zip \(10.46 MB\)](#)

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Help older adults make the most of their medical appointments with the Talking With Your Doctor Presentation Toolkit (based on NIA's popular booklet *Talking With Your Doctor: A Guide for Older People*). It's easy to use—you do not need any special expertise or training. The presentation features tips for how to:

- Get ready for a doctor's visit
- Effectively talk with a clinician about health concerns
- Make collaborative decisions about treatment
- Remember what was discussed following the appointment

You can download the entire Presentation Toolkit as a zip file or download each file individually below:

- [PowerPoint Presentation](#) (approximately 45 minutes)
- [Speaker Script and Notes](#)
- [Presentation Handouts](#)
- [Tips for Preparing for the Presentation](#)

PowerPoint Presentation

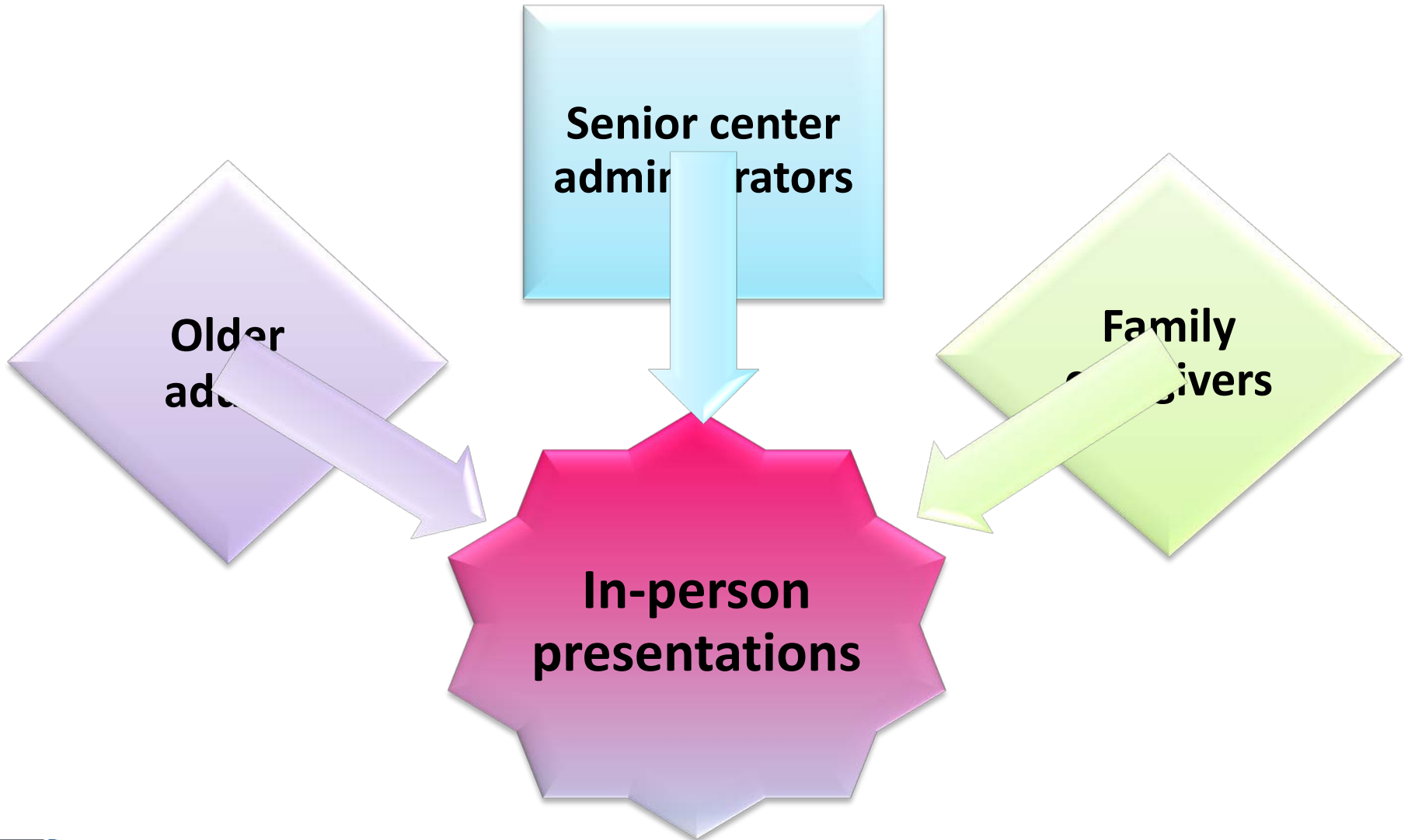


[Download PowerPoint presentation \(PPTX, 4.3M\)](#)

[Download accessible PDF version of presentation slides \(PDF, 4.8M\)](#)

The 18-slide, approximately 45-minute, *Talking With Your Doctor* presentation offers tips for how to prepare for a medical appointment;

Responding to Research



How Meet Need With Available Resources?

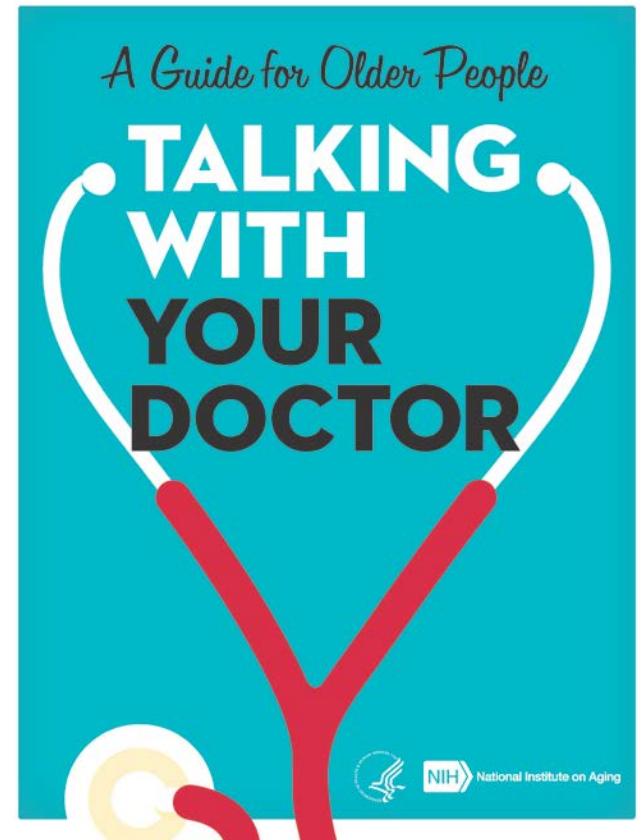
Presentation toolkit:

- Interactive
- Easy-to-use, self-guided; little or no preparation
- Led by program staff, professionals with older audiences



Talking With Your Doctor Topic

- Specific to NIA, but wide applicability
 - Existing, vetted content
- Popular topic
- Tangible action steps



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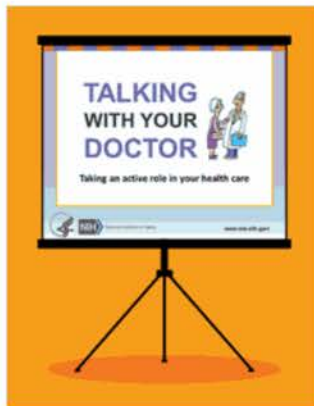
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Presentation Materials – Speaker Script

Activity: What Did You Eat Yesterday?



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List everything you ate and drank yesterday, including approximate portion size.

Speaker Note: ACTIVITY (3 minutes) To show how hard it can be to remember every detail and why it's important to write down information/questions before a doctor's appointment.

- Pair up with someone next to you, and take turns sharing everything you ate and drank yesterday, including about how much of each item. After this activity, I'll explain how this relates to talking with your doctor.

Speaker Note: Discussion after activity.

- How easy was it to remember everything? Did you realize that you forgot at least one thing while sharing with your partner? Maybe a piece of candy or the glass of water you drank with your pills?
- It can be hard to remember every detail like that. It's the same at the doctor's office, when you have to remember:
 - Every health issue you've had since your last visit
 - Concerns you want to discuss

Getting Ready for an Appointment

Before you go to the doctor:

- Create a plan
 - List and prioritize your concerns
 - Note other health and life changes since your last visit



Outreach, Next Steps

- Over 1800 downloads
 - NIA channels
 - NIH, ACL, CMS
 - Phone calls to state groups
 - Healthy Aging Summit
- Future of toolkit—thoughts?

Collaborative Project between NICHD, NIMH, and Delta Sigma Theta Sorority, Inc.

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Questions?

To get more information about this toolkit, contact

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Phone: 301-496-1752

To get more information about the National Institute on Aging Health & Aging visit

<https://www.nia.nih.gov/health>.

