NAVIGATING THE HEALTH CARE MAZE
Syllabus
Tuesday 9:30 – 11:30 am
First Universalist Church, 4101 E. Hampden Ave.
Drs. Alan Lazaroff, Mark Levine, Fred Kutner

Obtaining health care today is like walking through a maze. This course will identify the challenges and present suggestions for interacting with the confusing and sometimes overwhelming system of care. Specific topics for discussion will be selected by the participants, thus assuring that the course is relevant and timely. A team of 3 experienced physicians; a surgeon, a geriatrician and a general internist, each with hands-on experience in both managing medical practices and participating in the development of health policy will be the course facilitators. Students will become more confident in their travels through the labyrinth of care.

SYLLABUS
The initial class meeting will be devoted to the participants selecting topics for discussion at subsequent class meetings. A draft list of potential topics will be presented, to include:

- End of life care: choices and challenges
- Anticipating and adapting to the physical & emotional changes of aging; from thinning bones to cognitive decline
- Understanding your medical bill; Avoiding surprises and protecting your pocketbook
- Finding the medical care that meets your needs for primary care and specialists; from care at home to the ICU; How important is choice?
- Is Medicare-for-all the answer? What to fear, what to anticipate; What is ‘Socialized’ medicine? The booming influx of seniors
- The changing nature of health care; Is it better today?
- How to evaluate the flood of health care information; Whom to trust for health care advice and counsel
- Social issues in health care; Disparities, equity, individual responsibility and control
- What do we expect from health insurance? New and changing benefits
- Understanding and balancing the risks and benefits of health care