



## FAMILY CAREGIVER EDUCATION SERIES

### *Navigating the Healthcare Environment/ Becoming an Advocate for Your Loved One*

February 10, 2022

Debbie Emerson, M.S., Community Health Educator  
CARES® Dementia Specialist (Alzheimer's Association)

#### ADVOCACY & ELDER RIGHTS

[CANHR – California Advocates for Nursing Home Reform](#)

[Center for Medicare Advocacy](#)

[Health Insurance Counseling and Advocacy Program](#) (Alameda County)

Assists Medicare beneficiaries make informed choices and provides advocacy when their health care benefits and rights are threatened or denied. (For other counties – Google HICAP + county name.)

[HIPAA for Individuals](#)

[How to Be An Effective Advocate for Aging Parents](#) (AARP article)

[Livanta – Beneficiary and Family Centered Care Quality Improvement Organization](#)

Medical case review and appealing Medicare discharge 1-877-588-1123

[Medicare Rights Center](#)

[Self-Advocacy Approaches for Residents and Family Members](#) – Residential Care Facilities for the Elderly

#### DISCHARGE

[Appealing a Hospital Discharge – Medicare Guidelines](#)

[Challenging Hospital Discharge Decisions](#)

[Discharge Planning Checklist – Medicare](#)

[Hospital Discharge Planning: A Guide for Families and Caregivers](#)

#### ORGANIZING and MANAGING HEALTH INFORMATION

[CareZone](#)

[Caring Village](#)

[GooPatient](#)

[Medicare's Blue Button and Blue Button 2.0](#)

[Next Step in Care](#) (excellent downloadable checklists and fillable forms)

[Personal Health Records and Patient Portals](#) (AARP article)

## MEDICARE

### [Medicare Beneficiary Notices Initiative](#)

Explanations and links to forms related to your rights and protections (financial and appeals).

[Medicare – Care Compare](#) (excellent tool for comparing and evaluating hospitals, doctors and clinicians, nursing homes, home health agencies, dialysis facilities, and hospice agencies)

[Medicare Fact Sheets and Booklets](#) (downloadable resources – including *2022 Medicare and You Booklet*)

[Medicare Home Health Coverage: Jimmo v. Sebelius](#)

[Medicare Outpatient Observation Notice \(MOON\)](#)

[Medicare Rights, Discharge, and Appeals Forms](#) (including instructions)

[Self-Help Materials for Medicare Appeals](#) (Center for Medicare Advocacy)

## MISCELLANEOUS

[C.A.R.E. Act](#) (Caregiver Advise, Record, Enable)

[C.A.R.E. Act Wallet Cards](#) – downloadable cards and info for each state

[Dementia: 5 Tips for Collaborating with Healthcare Professionals During Your Dementia Journey](#)

[Medi-Cal Information](#) – California Department of Health Care Services

[National Institute on Aging](#) (National Institutes of Health)

[Talking with Your Doctor: A Guide for Older People](#) (this is the link to the digital file; hard copy also available to order on the NIH/NIA publications site)