

# ***Navigating Your Healthcare: Tips and Tools for the Empowered Patient***

## **Brookline Community Aging Network**

Provides information to help residents remain engaged in the community.

Advocates to make Brookline an even better place to live for seniors and everyone.

**Join us!**

### **Founding Partners**



## **presented by Ailene Gerhardt**

*Founder, Beacon Patient Advocates LLC  
and Independent Board Certified Patient Advocate  
(BCPA)*



**Thursday, May 16, 2019**

6-6:30 pm - Refreshment reception

6:30-7:30 pm - Program with Q&A

Brookline Senior Center - 93 Winchester Street

FREE, RSVP: (617) 730-2770 or  
rsvp@brooklinecan.org

Navigating today's healthcare system is complex and often overwhelming.

Being an empowered patient means:

- knowing the ways to advocate for oneself and loved ones
- being comfortable asking questions
- becoming knowledgeable about health information, medical conditions, and treatment options

You will leave this talk feeling confident and well informed as you approach current or future health decisions.

### **About Ailene Gerhardt:**

During her 17 years as a human services professional advocating for the needs of students, faculty and staff on college campuses, Ailene's mother became gravely ill. Ailene experienced first-hand how draining and challenging navigating the intricacies of the health care system can be while actively supporting a loved one. This experience led her to a career change and her calling as a private patient advocate.

Ailene completed her Professional Certificate in Consumer Health Advocacy at the University of Wisconsin's Center for Patient Partnerships in August 2017, founded [Beacon Patient Advocates LLC](http://Beacon Patient Advocates LLC) in February 2018 and earned her [Patient Advocacy Board Certification](http://Patient Advocacy Board Certification) credentials in April 2018.