**Helpful Resources**

**Handouts**

* In Your Community: Health Information for Individuals and Families <http://minorityhealth.hhs.gov/npa/files/Plans/Toolkit/NPA_Toolkit.pdf>  
  Page 20: Health Information for Individuals and Families ( 1 double sided handout)
* Poster: Health Information for the 90% ( Health Literacy) (Poster)  
  <http://communicatehealth.com/wp-content/uploads/2012/05/HealthLitInfographic-11x171.pdf>
* MedlinePlus Guide to Healthy Web Surfing <http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html>
* !0 Elements of Competence for Using Teach-back Effectively (Handout)  
  [10 Elements of Competence for Using Teach-back Effectively (PDF).](http://www.teachbacktraining.org/assets/files/PDFS/Teach%20Back%20-%2010%20Elements%20of%20Competence.pdf)
* Helping Older Adults Search for Health Information Online: A Toolkit for Trainers  
  <http://nihseniorhealth.gov/toolkit/toolkitfiles/pdf/FAQs.pdf> ( handout)

***Health Literacy Educational opportunities: Train the Trainer and Program Planning***

* Welcome to the Toolkit for Trainers, a resource developed by the National Institute on Aging. Use these free, easy-to-use training materials to help older adults find reliable, up-to-date online health information on their own. The training features three websites from the National Institutes of Health — [NIHSeniorHealth.gov](http://nihseniorhealth.gov/), [MedlinePlus.gov](http://www.nlm.nih.gov/medlineplus/) and [Go4Life®](http://go4life.nia.nih.gov/). Trainers can use the toolkit with beginning and intermediate students of the Web.
* Helping Older Adults Search for Health Information Online: A Toolkit for Trainers <http://nihseniorhealth.gov/toolkit/toolkit.html> (with printed handout)
* 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.** <http://www.nia.nih.gov/health/publication/talking-your-doctor-presentation-toolkit?utm_source=health-aging&utm_medium=website&utm_content=TWYDPT&utm_campaign=HA_Featured>
* A Guide to Writing and Designing Easy-to-Use Health Web Sites  
  <http://www.health.gov/healthliteracyonline/> (booklet 103 pages)
* Brain Health Tool Kit <http://www.nia.nih.gov/health/publication/brain-health-resource#handouts>
* Talking with your Doctor Video: <http://nihseniorhealth.gov/talkingwithyourdoctor/faq/video/dr2_na.html?intro=yes>
* Health Literacy Curricula:
* World Education is a national leader in designing and providing professional development for the adult education sector in the United States. We have developed, led, and collaborated on local, regional, and national capacity-building projects. World Education has built and operates four professional development centers and a statewide adult literacy hotline: Health literacy curricula have a variety of audiences and learning objectives. The first and second sections are for teaching health literacy skills to adult learners and the general public. The third section includes training for literacy and health professionals to better address health literacy in their settings.

Health Literacy Curricula <http://healthliteracy.worlded.org/>   
World Education <http://www.worlded.org/WEIInternet/us/initiatives.cfm>

***Other Educational Opportunities:***

***NNLM Resources: National Network of Libraries of Medicine*** <http://nnlm.gov/outreach/consumer/>   
<http://nnlm.gov/outreach/community/guides/index.html>

***MLA: Medical Library Association: Consumer Health Information Specialization (CHIS)***

CHIS will keep current in the consumer health information field by providing access to educational resources and new ideas in the field. Increase your expertise in the area of consumer health.  
[www.mlanet.org/education/chc](http://www.mlanet.org/education/chc)

**Teach Back:** What Is Teach-back?

A way to make sure you—the health care provider—explained information clearly; it is not a test or quiz of   
patients. Asking a patient (or family member) to explain—**in their own words**—what they need to know or   
do, in a caring way; a way to check for understanding and, if needed, re-explain and check again. A research- based health literacy intervention that promotes adherence, quality, and patient safety.

Teach Back Training:  
The purpose of this toolkit is to help all health care providers learn to use teach-back—every time it is indicated—to support patients and families throughout the care continuum, especially during transitions between health care settings. The toolkit combines health literacy principles of plain language and using teach-back to confirm understanding, with behavior change principles of coaching to new habits and adapting systems to promote consistent use of key practices.

<http://www.teachbacktraining.org/>  
Hand Out: [10 Elements of Competence for Using Teach-back Effectively (PDF).](http://www.teachbacktraining.org/assets/files/PDFS/Teach%20Back%20-%2010%20Elements%20of%20Competence.pdf)

**Training from CDC**

CDC offers five online **health literacy courses for health professionals**. We recommend that you take the introductory course “Health Literacy for Public Health Professionals” first and “Writing for the Public” second. The other courses can be taken in any order, depending on your interests.

* [Health Literacy for Public Health Professionals(http://www.cdc.gov/healthliteracy/gettrainingce.html)](http://www.cdc.gov/healthliteracy/gettrainingce.html) (free continuing education)
* [Writing for the Public(http://www.cdc.gov/healthliteracy/writing-course/index.html)](http://www.cdc.gov/healthliteracy/writing-course/index.html) (printable completion certificate)
* [Using Numbers and Explaining Risk(http://www.cdc.gov/healthliteracy/numeracy-course/index.html)](http://www.cdc.gov/healthliteracy/numeracy-course/index.html) (printable completion certificate)
* [Creating Easier to Understand Lists, Charts, and Graphs(http://www.cdc.gov/healthliteracy/document-course/index.html)](http://www.cdc.gov/healthliteracy/document-course/index.html) (printable completion certificate)
* [Speaking with the Public(http://www.cdc.gov/healthliteracy/speaking-course/index.html)](http://www.cdc.gov/healthliteracy/speaking-course/index.html) (printable completion certificate)

**CDC offers a consumer and patient communication skill-building module**,

Good Questions for Good Health. It encourages question-asking and provides strategies for formulating and asking questions before, during, and after medical appointments. The [Toolkit](http://www.cdc.gov/healthliteracy/pdf/gqgh-toolkit.pdf) includes a [presentation,](http://www.cdc.gov/healthliteracy/pdf/gqgh-presentation.pdf) presentation notes, skill building activity, take-home handout, and an evaluation form.

<http://www.cdc.gov/healthliteracy/pdf/gqgh-toolkit.pdf>

<http://www.cdc.gov/healthliteracy/pdf/gqgh-presentation.pdf>

***Health Literacy Consulting: Helen Osborne*** is the president of Health Literacy Consulting based in Natick, Massachusetts. She speaks with groups across the U.S. and around the world about health literacy. She also is a plain language writer/editor, working on a wide range of health materials.

Recognized as a health literacy expert, Helen brings clinical experience, educational training, and patient perspective to everything she does. Helen's award-winning book, *Health Literacy from A to Z: Practical Ways to Communicate Your Health Message* is considered by many as the most important health literacy reference today.

Health Literacy Consulting helps organizations communicate health information in ways that patients, caregivers, and the public can understand. Services and resources include:

* [Workshops & keynote presentations](http://www.healthliteracy.com/presentations.asp)
* [Plain language writing & editing](http://www.healthliteracy.com/writing.asp)
* [How-to tips](http://www.healthliteracy.com/tips.asp), [articles](http://www.healthliteracy.com/articles.asp), and [books](http://www.healthliteracy.com/books.asp)
* [Health Literacy Month](http://www.healthliteracymonth.org/)
* [Health Literacy Out Loud podcasts](http://healthliteracyoutloud.com/)
* [Health Literacy Out Loud transcripts](http://healthliteracy.com/transcripts.asp)
* [Health Literacy Highlights](http://highlights.healthliteracyoutloud.com)

<http://www.healthliteracy.com/>