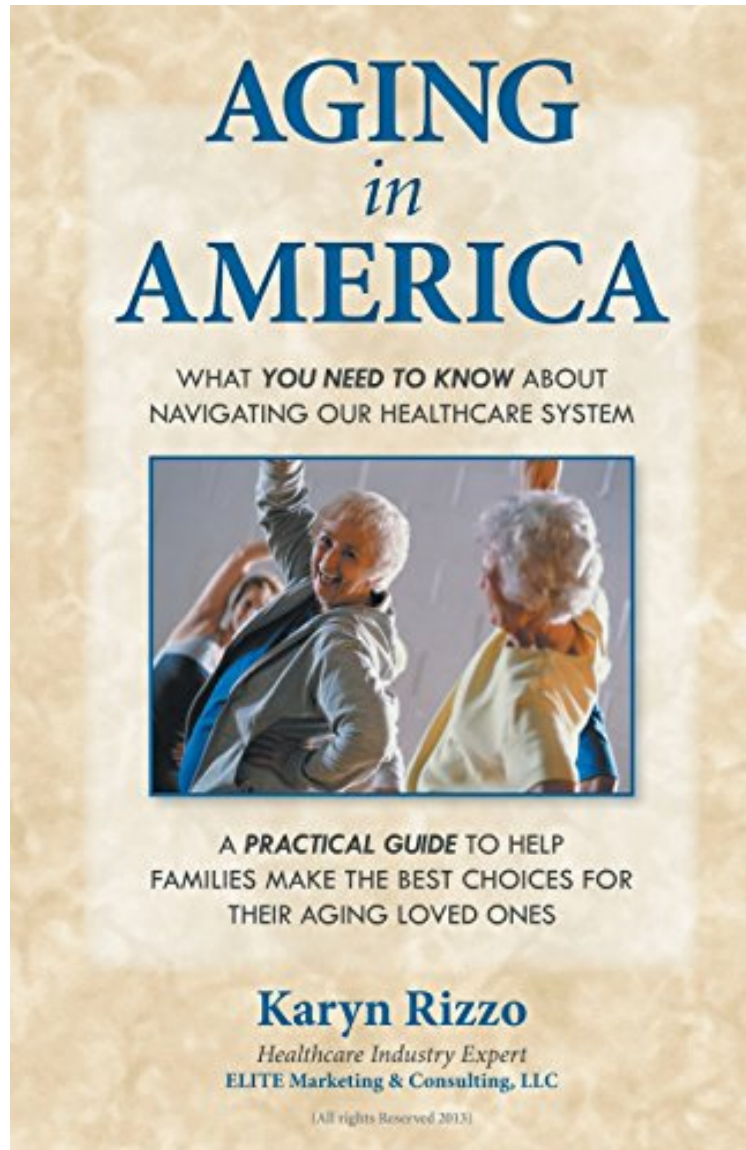


AGING in AMERICA: What you NEED TO KNOW about Navigating our Healthcare System

Karyn M Rizzo

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Aging in America can be a confusing venture for many families. This practical resource guide book helps navigate the choices that seniors and their families face as they age in America. It includes helpful tips on choosing Physicians, Insurance providers, senior housing, mental health help, and accessing a veteran's benefits. Provides an in depth coverage on how to prevent fraud, neglect and abuse of the elderly. Great preventative ideas for Aging in America with grace, dignity and in the environment each senior prefers. This "How To" Resource Guide helps people understand the "BUSINESS" of our current Healthcare System.

"Karyn Rizzo provides a great tool for navigating our healthcare system. This practical and easy to read guide gives us the ability to make the right decisions for our own medical care, and the care of our aging family members. She shares with us her remarkable understanding of our constantly changing healthcare system and provides a no-nonsense look at planning for our future. "Aging in America" provides valuable advice in selecting the best providers for our plan of care. The information in this guide is invaluable - well done, Karyn!" Cheryl Wagner, Patient Liaison Suncoast Hospice

Karyn Rizzo provides a great tool for navigating our healthcare system. This practical, easy to read guide gives us the ability to make the right decisions for our own medical care, and the care of our aging family members. She shares with us her remarkable understanding of our constantly changing healthcare system and provides a no-nonsense look at what we can expect and how to plan for our future. "Aging in America" provides websites, phone numbers and advice in selecting the best providers. The information in this guide is invaluable - well done, Karyn!" Cheryl Wagner, Suncoast Hospice

From the Author

PREFACE

The decision to write this handbook came after 20 years of healthcare experience, both in physician offices, hospitals and senior long term care settings. In that time, I personally witnessed a lot of sad situations happen to a variety of different families and patients. I could see the struggle that families went through to make the best decisions for their loved ones, in spite of so much confusing direction. My hope is that this handbook can help them successfully navigate our healthcare system. After dealing with a variety of patients, physicians, hospital social workers, and insurance companies with success, I decided to use my knowledge to help more people and their families have the needed information to understand our very complex healthcare system. Daily I've witnessed the confusion that families go through while trying to make the best medical decision for their loved ones. I've seen the agony and frustration they experience in trying to get accurate information. Since healthcare in America has become a very complex maze, and is a BUSINESS, it can be very hard to navigate. Furthermore, as each healthcare entity has a different financial agenda, with the common goal being to make a profit, you must know what the agenda is to ensure that you are truly making a difference.

About the Author

Karyn Rizzo has over 20 years in Healthcare Marketing and Administration, with experience in Skilled Nursing Assisted Living Markets, Physician Office Administration, and Case Management. Her role as a patient advocate has helped many patients and their families navigate the complexities of the American Healthcare System. She wrote and published "AGING in AMERICA: What you NEED TO KNOW about Navigating our Healthcare System" to better educate seniors and their families on the "BUSINESS" of our Healthcare System. This helpful resource guide explains "WHY" some Healthcare Resources are beneficial, and some are not. It's a MUST HAVE for all families with aging relatives!