

VNA site offers tips on health care advocacy

GUILFORD — A free 32-page booklet on how to become a patient advocate is available on the new Web site of the VNA Community Healthcare.

“Become a Health Care Advocate for Yourself and the People You Love” is available on the Web site ConnecticutHomecare.com or by calling (866) 474-5230 to request a free copy.

“Today’s health care landscape is a frightening maze of conflicting regulations and choices. This guide helps patients and families deal with a health care system troubled by rising health care costs, increased medical errors, shorter doctor’s visits and the utter confusion among providers,” said Barbara Katz, director of clinical program development for the nonprofit home care agency.

Katz said that according to the Employee Benefit Research Institute’s 2007 Health Care Confidence Survey, six in 10 Americans rate the health care system as fair (29 percent) or poor (30 percent). Fifty-one percent of those responding felt that the health care system required “major changes” or even a complete overhaul.