

# [How to Get the Most Out of Your Health Care Visits \[Aging Well with a Physical Disability Factsheet Series\]](#)

The University of Washington's Healthy Aging RRTC (Rehabilitation Research and Training Center) has developed an evidence-based **Factsheet Series** on a variety of topics related to aging well with a physical disability.

Health care providers are the most common source of health information so it is important to get the most out of each health care visit. Visits with health care providers are usually brief, packed with information and many health care decisions are made. Research has shown that people who are organized for their visits, take an active role in their health care decisions, and have good communication with their health care providers tend to be more satisfied with their care and have better results.

► [How to Get the Most Out of Your Health Care Visits](#) provides useful information and resources to ensure you are able to address your health care needs.

Article Source

University of Washington's Healthy Aging Rehabilitation Research and Training Center

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