

Westchester Seniors Out Speaking

Medicare Questions?

Want to know more about managing your healthcare services to get what you need?

Get Answers From People Who Know.

Westchester Seniors Out Speaking (WSOS) is the only volunteer group in the county devoted to delivering free services to help adults 60+ to achieve a better understanding of Medicare health plans and prescription drug coverage. In addition to monthly training by the Medicare Rights Center, volunteers are regularly briefed on related senior-directed services.

WSOS volunteers are available to deliver presentations in your community that inform and engage. Programs run approximately 60 minutes, including a question and answer period. These interactive events alert older adults about their rights as patients and how to take charge of their health care.



Presentations available include:

- ◆ **Speak Up for Yourself:** how to recognize “ageism,” get your doctor to listen to you and speak “plain English” and when to get a second opinion.
- ◆ **Be Safe in the Hospital:** why you need a health advocate with you, what questions to ask, how to avoid infection, how to appeal a discharge order if you’re not ready to go home.
- ◆ **Building a Health Care Team:** why a team can help coordinate your health, who to pick and what they can do when help is needed; discussing the Health Care Proxy and other Advanced Directives.
- ◆ **Who Pays for Home Health Care:** what Medicare pays for after a hospital stay and your costs when Medicare payments stop.
- ◆ **The ABCD’s of Medicare:** Medicare “Basics”, the many parts of Medicare, comparing original Medicare and Medicare HMOs, Medigap (supplemental) plans and Rx drug plans.
- ◆ **Information Session during the Open Enrollment Period:** How to select a Rx drug plan and which is the right MA plan for you (only available Sept through November).

Additionally, WSOS’ offers a **Medicare Minute**, a brief monthly update (10-15 minutes) on key Medicare topics. If you have an ongoing program serving older adults, consider appending this briefing to your program.

To schedule a presentation by Westchester Seniors Out Speaking, contact Mary Ann Larkin, Program Coordinator at mlarkin@wlsmail.org or [914-231-3260](tel:914-231-3260) ext. 318.

For personalized counseling on Medicare and related senior benefits, contact our SBIC Helpline at 914 231 3260. You’ll receive a call back within two business days. Or walk into one of our free counseling sites. Locations and hours are recorded on our Helpline (press “2”) and are available at:

www.westchesterlibraries.org/senior-benefits-information-centers.