

Health Literacy Friendly Practices in Waterford

Thursday 10th December 2015 10am-1.30pm
St. Patrick's Gateway Centre, Patrick Street, Waterford City



Health Literacy is the ability to read, understand and act on health information. It is an essential skill for life that we develop and maintain throughout our lives. It is not an individual problem.

One in 10 people have taken the wrong dose of medication because they don't understand the instructions.

66% of people have difficulty understanding signs and directions in Irish hospitals.

40% of Irish people have limited health literacy: this means 4 out of 10 people who use health services find it difficult to understand and act on health information.

WHO SHOULD ATTEND?

- Health care providers
- Community healthcare advocates
- Anyone with an interest in Health Literacy

WHAT WILL BE COVERED ?

- Introduction to health literacy including definitions; research and current health literacy work in Ireland
- Health literacy friendly practices
- Learning from experience – group discussion

**COURSE FACILITATED BY AOIFE O'DRISCOLL,
NATIONAL ADULT LITERACY AGENCY**

THIS IS A FREE WORKSHOP BUT PLACES ARE LIMITED

To register please contact Kate Moloney, Healthy Waterford Co-ordinator on 051 0761 10 2639 or kmoloney@waterfordcouncil.ie by 3rd December 2015



This workshop is an initiative of Healthy Waterford www.healthywaterford.ie