

Special Report

## YOUR KEY TO BETTER CARE?

### NEW AARP STUDY OFFERS CLUE

Understanding your illness can be good medicine if you're one of the 70 million 50+ Americans who live with at least one chronic health condition, anything from mild arthritis to cancer or emphysema. A new AARP study shows that patients who take an active part in managing their situation—meaning they've studied their health conditions and meds, and they have a good grasp of problems and solutions—experience significantly fewer complications and have more faith in the health care system than patients who are less involved in their own care. The difference in results is clear enough that the report suggests that health-care providers should work with patients to help them become more able to monitor and deal with their conditions. You can see the full results of "Beyond 50.09: Chronic Care: A Call to Action for Health Reform" at [aarp.org/research/health](http://aarp.org/research/health); click on "Quality of Health Care."

50

PERCENT OF MEDICARE BENEFICIARIES who have 5+ chronic

The MORE INVOLVED you are in your own health care, the BETTER HEALTH CARE you get...

MORE INVOLVED Patient

LESS INVOLVED Patient

Readmitted to the hospital within 30 days of discharge

12.8%



28%

Experienced a medical error

19.2%



35.8%

Have poor care coordination between health care providers

12.6%



41.8%

Suffer a health consequence because of poor communication among providers

13.2%



48.6%

Lose confidence in the health care system

15.1%



59.8%

SOURCE: "BEYOND 50.09" PATIENT-SURVEY UNPUBLISHED DATA

Get Involved

## AARP IN ACTION

### THE SPIRIT OF SERVICE

The new Edward M. Kennedy Serve America Act is a boon to volunteers of all ages. Its Silver Scholarships and Encore Fellowships help Americans 55 and older start careers in public service; ServeAmerica Fellowships let older Americans create their own programs for community service. "This bill mirrors AARP's commitment to serving all generations and their communities," says Tom Nelson, AARP's Chief Operating Officer.

### WIN A TRIP TO DISNEY WORLD

Enter AARP's Up Adventure Travel Contest, inspired by *Up*, the new animated Disney/Pixar film, to win a vacation for four to Walt Disney World Resort in Orlando. Submit an essay describing your child's or grandchild's dream travel adventure. For contest details go to [aarp.org/up](http://aarp.org/up), or send your essay to AARP Up Adventure Travel Contest, 601 E St., NW, Washington DC 20049 by June 30.

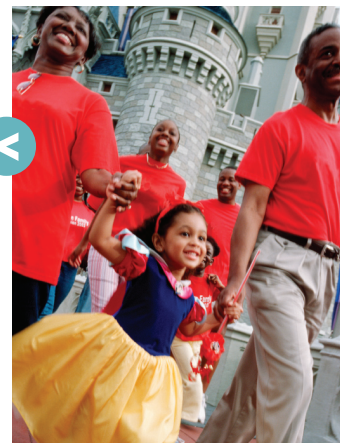


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