

HEALTH COMMONS

# Ready Reckoner Programs

[www.healthcommons.global](http://www.healthcommons.global)

# What our programs are all about



If you are managing a chronic condition or cancer and you want to know what could work best for you, then our Health Commons Ready Reckoner programs will help you make sense of your case, build your strategy, fast-track your investigations and streamline your questions, enabling you to work out the odds of any treatment, combination of treatments or lifestyle changes, working for you.

Self-advocates, who have done their own journey, will tell you there are no short cuts. It takes hours of research, hours to sift through and make sense of advice from multiple practitioners, and hours in trying to get to the point to feel sufficiently confident to move forward.

Our training programs accelerate this process and help make the journey a possibility.

Our programs are a life-time investment: they train for self-advocacy whether it is for you, yourself, or as a volunteer to help others become self-advocates, or as a professional to offer this service to your clients.

Please join us in this journey bringing security and hope back into health and fostering an environment of care between patients and their practitioners.

*The Ready Reckoner programs are based on 4 years of grounded research, including a one year teaching, monitoring and research program, sponsored by QLD Australia Health Department's Metro South, on behalf of the Minister for Health, the Hon. Dr. Steven Miles, we witnessed unprecedented improvements in personal health journeys for those following the program. The research confirmed that the capacity to predict the probability or odds of a chosen plan working underpins confidence which is a key motivation for change.*



Our programs are a perfect  
fit for self-advocates  
and for volunteer or  
professional advocates  
that want to help  
themselves or others  
navigate their journey.

# Course Outline

## Session 1

Sense-making: organising and simplifying the case

### TOPICS

#### My Conditions

Organise the details of your case and create your own meaningful health record. As a key reference point throughout the course, it directs research and strategies and gives the key criteria for measuring the value of what works.

#### My Conditions Tree

Simplify the case by creating a visual where you can see the relationship between your diagnoses, symptoms and their causes. This helps to clarify what symptoms you want fixing and which diagnosis they belong to. Increasing our knowledge through guided research we can start to understand what's wrong, why we have symptoms and what our treatments do.

#### My Research

Guided research that focuses on finding key information gives greater clarity which allows you to ask the right questions, make informed decisions, pre-qualify treatments and practitioners and create a strategy that is more likely to take you to where you want to go. Understanding where you could be heading, and how soon, will give greater impetus to the journey.

We have clarity and  
sufficient know-how  
to start taking the reins.



## Session 2

Creating a coherent plan: finding solutions

### TOPICS

#### Unpacking the Causes

By discovering the true impact of the real causes that undermine your health helps redirect your efforts towards solutions that will take you to where you want to be. When medications or other conditions that we have compound the problems, then it is more than ever important to unpack and discover the root causes.

#### My Strategy

By aligning your root problems with root causes we discover the fundamental changes we need to make in order to go forward. Knowing what we need means we can ask for what we need. Asking for our needs is part of the solution to make the journey a possibility.

#### My Alignment Template

A full coherent journey plan that holds everything you and others need to know about your health, where you are heading, how you are going to get there and what you will monitor to make sure you stay on track. A powerful reminder of where you could be heading if you did nothing and where you want to go.



We know what we need  
in order to ask for  
what we need.



## Session 3

Building trust: connecting with your health team & communicating where you want to go

### TOPICS

#### Building trust

We begin the process of building trust by discovering what type of assurances we need from a practitioner before we embark on a journey with them. This may range from how much experience they have to whether we can afford their treatment. With greater mutual understanding we can ease decision-making, expedite our journey and have greater health security knowing that we are on track.

#### My Medical End Point

By settling on where you want to medically end up means that you can rapidly filter through your options, selecting only those that can take you the furthest. The medical end point is a language that both you and your health professionals speak, it is a key criterion for measuring value and will ensure that both you and your health team are on the same page.

#### My Health Statement

This is the 60 second challenge to tell your story in a nutshell – what’s wrong, what you would like fixing, where you would like to be (medical end point), and what assurances you need to feel confident you are making the right decision. Finding out what they can do for you at the outset, and whether you can do their treatment, saves time, money and energy.

We are on the same page,  
working with ease with  
our health team.



## Session 4

Building confidence: choosing treatments that have the most value

### TOPICS

#### **Weighing up the value of treatments**

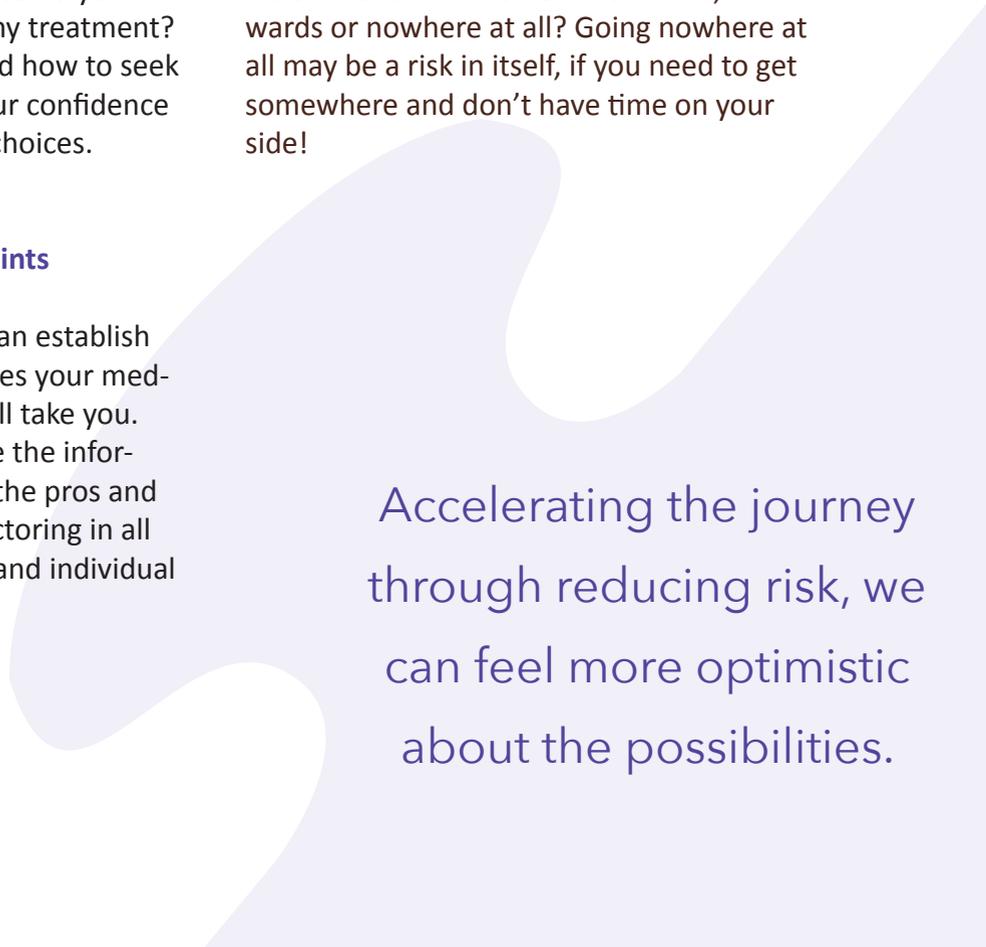
Weighing up the potential value of a treatment before you commit, saves time, money and effort. What sort of evidence do you need to feel confident about any treatment? Working out what you need and how to seek confirmation will help build your confidence in making the right treatment choices.

#### **Researching Treatment End Points**

Through guided research you can establish how closely a treatment matches your medical end point and how far it will take you. Using a simple survey to collate the information we can see at a glance the pros and cons as they apply our case, factoring in all our conditions, our symptoms and individual risks.

#### **Weighing up the risks of treatment**

The Treatment Ready Reckoner allows us to rapidly check the benefits against the risks of a treatment. Will it take us forwards, backwards or nowhere at all? Going nowhere at all may be a risk in itself, if you need to get somewhere and don't have time on your side!



Accelerating the journey through reducing risk, we can feel more optimistic about the possibilities.

# Session 5

## Creating a value-based strategy

### TOPICS

#### **My SWOT analysis**

Viewing your options through a human lens brings greater clarity when making hard decisions which may meet opposition. Bringing this dimension to the table opens dialogue for more meaningful discussions and paves the way for compassionate solutions.

#### **What combination of treatments will offer me the most value?**

Using the value radar map, you can compare how far each treatment can take you. Some treatments may score highly for one value outcome, but poorly on another. We may find that by combining medical treatments with lifestyle treatments, we can indeed go further and increase the odds of getting to our end point.

#### **Clinical trials: working out the odds of a treatment working for me**

Translating the results of clinical trials into what are the odds of it working for me can be a difficult task. It's not too difficult if you know what to look for and how to do the math. Those hard decisions often become a lot easier once you know your odds and the opportunity arises to rethink strategy options if those odds are not in your favour.



We have greater confidence  
and more certainty in  
predicting value.

# Choose your program

## Foundation program

This 5 week online foundation course is offered either as a group online attendance training, as a one-on-one training which will suit those who may require specific guidance or clinical input, or as a DIY on-line course for those who find it easy to self-learn.

The training will give you the skills to become a self-advocate, make informed decisions and navigate your way through the health system.

The Health Commons Ready Reckoner, Course companion guide is provided.

All students will have access to our training room where you can watch the training videos and download the course templates.

This foundation course is mandatory for those wishing to enrol on any of our Train the Trainer courses. The completion of homework is compulsory for those wishing to enrol on any of our Volunteer or Professional Programs. Join the classroom sessions are available for those enrolled in any of our courses.

**Duration:** 5 weeks

**Time:** approximately 3 hours / week which includes training and homework

Additional mentoring sessions may be booked

### Cost

**Online self-learning package** *for those who find it easy to self-learn* **A\$120**

**Group attendance online** (5-10 attendees) **A\$575 pp**  
5 x 1 hour online training sessions with individual homework assessment

**One-on-one online attendance** **A\$900**  
5 x 1 hour online individual tutoring sessions, homework assessment and personalised feedback

# Volunteer Advocacy Program

**Pre-qualification:** Completion of the Foundation course and submission of one set of completed Health Commons Templates for a single case.

The training involves guiding 5 friends, family or acquaintances through the program and supporting them in the completion of their templates.

You will receive training and individual mentoring for these cases over the five week training period.

Certification will be awarded upon satisfactory completion of the training and submission of the 5 completed case studies.

**Duration:** 5 weeks

**Time:** Time: 6.5 hours/week for 5 weeks. This includes 1.5 hours attendance training and estimated time to support 5 clients @ 1 hour/week per client.

## Cost

### **Group attendance online** (5-10 attendees)

**A\$695 pp**

5 x 1 hour online training sessions, homework assessment and feedback

5 x 30 minutes one-on-one mentoring sessions

Case review and certification

### **One-on-one online attendance**

**A\$860**

5 x 1 hour attendance sessions, homework assessment and feedback

5 x 30 minutes one-on-one mentoring sessions

Case review and certification

Course bookings visit: [www.healthcommons.global](http://www.healthcommons.global)

# Professional Advocacy Program

**Pre-qualification:** Professionals must hold a current professional licence and insurance or be qualified within their work setting to case manage clients. Completion of the Foundation course and submission of one set of completed Health Commons Templates for a single case.

The training involves guiding 9 clients through the training program and supporting them in the completion of their templates, drawing upon your own skills if the client requires additional professional input.

You will receive training and individual mentoring for these cases over a 6 month period.

Professionals may *cost neutralise* this program based upon their professional charges.

Certification will be awarded upon satisfactory completion of the training and submission of the 9 completed case studies.

**Duration:** 6 months

**Time:** 19 hours attendance training and case management for 9 clients. Professional advocates to estimate the time required to train each client on the program.

## Cost

**Group attendance online** (5-10 attendees)  
6 x 1.5 hour group attendance sessions  
10 x 1 hour one-on-one mentoring sessions  
Course review and certification

**A\$3,830 pp**

**One-on-one online attendance**  
6 x 1.5 hour attendance sessions  
10 x 1 hour one-on-one mentoring sessions  
Course review and certification

**A\$4,485**

Course bookings visit: [www.healthcommons.global](http://www.healthcommons.global)

## About the Author

**K**athryn Alexander has been working as a clinical advocate for 35 years. Most people she sees are struggling with a chronic condition or cancer and trying to make informed choices without sufficient information or know how. The biggest problem patients face is when the medical advice given does not match where they want to go, and this is when alternatives are sought that could make an impact on the condition.

Insufficient information about what works puts the general public at a distinct disadvantage, for without knowing what something can do for you and where it will take you, then how can you have confidence that you are making the right decision. Increasing the predictability of those options, by matching these against your criteria and then monitoring your progress, brings clarity and confidence, and with confidence an increased motivation to put what you need in place in order to make a significant difference.

It was through Kathryn's work with cancer patients that she was able to understand the patient's journey and what it truly takes and how decisions are arrived at. Many times patients would come with an array of treatments from various practitioners, with no knowledge of how each product would help them, or if indeed it had any value. The question she was most asked was *Is it worth me taking this?*

And so began the process, back in 2005, of creating the Health Commons Program, a program that is condition and treatment agnostic, but one that prepares you for the journey and empowers you to make the best decisions.

The confidence that Kathryn gained was from witnessing those patients who were able to achieve or do what they needed, getting the best outcomes and many times leading to full recovery. All too often what we give on the one hand with treatments, we take away with the other hand with lifestyle choices. But by bringing all to the table and creating a workable strategy with the support you need, then the possibilities are endless.

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### Kathryn's Publications

Smart Patient® Journey Road Map, increasing your odds for success. ISBN 9780980376296

Dietary Healing, the complete detox program. ISBN 9780980376203

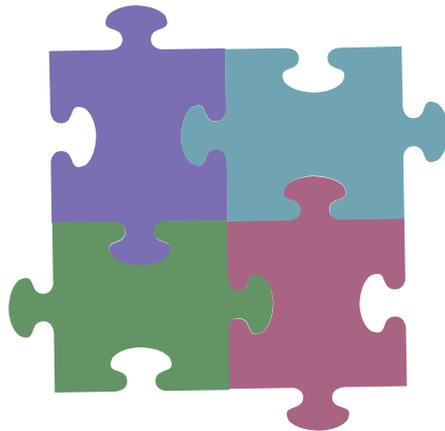
Nutritional Healing, after the work of Dr. Max Gerson. ISBN 9780980376234

Health Commons Ready Reckoner, Course Companion Guide. ISBN 9780994334213

People don't die from the old  
diseases anymore.

They die from new ones.  
But that's progress, isn't it?

Harlan Ellison, 1934 - 2018



The clinician was the  
driving force in the  
20th century,  
[but] the patient will be the  
driving force in the  
21st century.

Sir Muir Gray  
Director of Clinical Knowledge of the UK's NHS