



SESSION C

Making your Healthcare Conversations Count

Cathy Berges, Age-friendly Peterborough

It can be challenging to address health concerns whether you're a patient or a caregiver. If you're looking for tips and tools to help you talk to health care providers, you'll find this session beneficial.

Biography:

Cathy Berges is now retired after a 35-year career in health care. She is an active volunteer with Age Friendly Peterborough, Peterborough Regional Health Centre, and Community Care Peterborough. Cathy is Co- Chair of the Patient, Family and Caregiver Advisory Team of the Peterborough Ontario Health Team and a member of the Provincial Geriatric Leadership Ontario Older Adult and Care Partner Advisory Council. In 2017 Cathy was selected as the Volunteer of the year for the City of Peterborough.