

Navigating Health Literacy for the TS & Tic Disorder Community

WHAT IS HEALTH LITERACY?

Health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others. This resource teaches you about digesting science, understanding and navigating information sources on Tourette Syndrome treatments, and how to ask the right questions to self-advocate for quality TS care.



TAA ON-DEMAND WORKSHOP

Presenters Dr. Eman Rettig, a pediatric neuropsychologist, and Brook Wetzelberger, a TAA Rising Leader and self-advocate, dive into psychoeducation and how to support people with TS and their families. [Watch the video on YouTube.](#)

WHAT TO ASK YOUR PROVIDER

Learn what questions to ask a health psychologist, neurologist, or a psychiatrist to ensure quality TS care.

[DOWNLOAD A LIST OF QUESTIONS](#)



MORE RESOURCES

- [Download toolkits and guides](#)
- [Find a provider near you](#)
- [Browse school resources](#)
- [Connect with a local TAA support group or chapter](#)

