



**Educational Presentations Available for Member Organizations**

**HFA DEVELOPED TOPICS:** *(subject to change, modules may be added or deleted as community needs and interests develop; items in italics in development)*

*Topics can be tailored to any audience. The suggestions below are merely suggestions and in conversation with Program Managers, topics....*

<i>Topic</i>	<i>Abbreviated Description</i>	<i>Approximate Time Needed</i>	<i>Blood Brotherhood</i>	<i>Blood Sisterhood</i>	<i>Families</i>	<i>All Audiences</i>	<i>Available in Spanish</i>
<b>ADVOCACY/POLICY &amp; GOVERNMENT RELATIONS</b>							
<b>Advo, Advo, Advocacy: Let's help others, you and me!</b> <b>NEW!</b>	In this introduction to advocacy, kids connect with the Lorax to see how he advocated for his community. The kids will then brainstorm how they can help others in their communities and show how advocacy helps the bleeding disorder community. <b>Appropriate for grades preK-2 and 3-5. Maximum of 15 attendees per adult facilitator.</b>	60-75 Minutes			<i>Kids</i>		
<b>Advocacy in Action</b> <b>NEW!</b>	Advocacy is everywhere every day. In this engaging session, children will identify what advocacy is and how it applies to their everyday life. The children will also demonstrate how advocacy is an important part of the bleeding disorders community. <b>Appropriate for grades 4-6 Maximum of 25 attendees per adult facilitator.</b>	60-75 Minutes			<i>Kids</i>		
<b>Advocacy is All Around Us!</b> <b>NEW!</b>	Concentric circles is an interactive activity intended to get teens talking to one another about the basics of advocacy. Teens get to know each other by answering a series of fun introductory questions in pairs. Gradually, participants will answer questions related to advocacy. For example, how do you stand up for others at school and what issues are important to teens and why? The activity concludes with a discussion about how to apply ways we are already advocating for ourselves and others to the bleeding disorders community. <b>Appropriate for Teens ages 13 and up. Maximum of 30 attendees per adult facilitator.</b>	60 Minutes			<i>Teens</i>		
<b>Speaking the Language: How to Talk to Your Legislator</b>	What do you need to know to have a successful meeting with your local, state and/or federal representative? Join us to learn more about what's happening in your state and how can you help.	60 Minutes				<b>X</b>	
<b>On Capitol Hill: Advocacy in Action</b>	What's happening on a federal level that impacts the community? What opportunities are there for community to be involved on a federal level? Join us for the discussion...and learn how YOU can be involved.	60 Minutes				<b>X</b>	



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<b>Once Upon a Time: Storytelling for Advocacy</b> <b>NEW!</b>	Storytelling is something we do every day, whether it be at work, at home, or on social media. HFA's interactive storytelling presentation is designed to help community members become more comfortable with sharing their story, especially with policymakers. Participants will learn how to craft and share an effective story.	60 Minutes					<b>X</b>	
<b>Policy Briefing</b>	Designed for legislative days, HFA's Advocacy & Government Relations team will help brief participants on your advocacy agenda. Topics can include Medicaid expansion/reform, prior authorization, specialty tiers, and much more!	60 Minutes					<b>X</b>	
<b>Speaking the Language: How to Talk to Your Legislator</b>	What do you need to know to have a successful meeting with your local, state and/or federal representative? Join us to learn more about what's happening in your state and how can you help.	60 Minutes					<b>X</b>	<b>X</b>
<b>Staying Covered: Emerging Trends in the Insurance Landscape</b>	Learn about current trends happening in the insurance space. Where are things headed? Can be tailored to specific state issues.	60 Minutes					<b>X</b>	
<b>Your Voice has Weight: Let's Advocate!</b>	Introduces the definition of advocacy and the types of advocacy. Describe how to craft your message by using words that work. Develop the 30sec & 2 min elevator speech. Highlights accomplishments of advocates over the years. Discuss: Advocacy in school (parent & student); Advocacy in the workplace; Advocacy in your community.	60 Minutes					<b>X</b>	<b>X</b>

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<b>PROGRAMS – Blood Brotherhood, Blood Sisterhood, Families Overviews</b>							
<b>Blood Brotherhood Program Overview</b>	Introduces HFA's Blood Brotherhood Program and resources to the local community and encourages discussion to learn the group's needs and interests.	60 Minutes	<b>X</b>				
<b>Blood Sisterhood Program Overview</b>	Introduces HFA's Blood Sisterhood Program and resources to the local community and encourages discussion to learn the group's needs and interests.	60 Minutes		<b>X</b>			



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<b>Dads in Action (DIA) Program Overview</b>	Introduces HFA’s Dads in Action Program and resources to the local community and encourages discussion to learn the local group’s needs and interests.	60 Minutes			<b>X</b>		<b>X</b>
<b>HFA: Your Voice Matters</b>	This presentation will give an overview of HFA and information about the programs and services offered.	60 Minutes				<b>X</b>	
<b>Moms in Action (MIA) Program Overview</b>	Introduces HFA’s Moms in Action Program and resources to the local community and encourages discussion to learn the local group’s needs and interests.	60 Minutes			<b>X</b>		
<b>My Story of Resilience</b>	In this guided activity for 5-12 year olds, kids prove to themselves how resilient they are by virtue of being a part of the bleeding disorders community and learning basic bleeding disorder knowledge. Option: Vein Viewer. <b>Appropriate for grades K-4</b> <b>Maximum of 25 attendees per adult facilitator.</b>	60-90 Minutes			<i>Kids</i>		
<b>My Story of Resilience: Middle School Style</b> <b>NEW!</b>	Middle school is tough but, together kids are resilient. In this session, middle schoolers will examine what makes them resilient and how to best support one another. <b>Appropriate for grades 5-8.</b> <b>Maximum of 25 attendees per adult facilitator.</b>	60-90 Minutes			<i>Kids</i>		
<b>Parents in Action Program Overview</b>	Introduces HFA’s Families Program and resources to the local community and encourages discussion to learn the local group’s needs and interests.	60 Minutes			<b>X</b>		
<b>Peer Support</b>	HFA offers peer support sessions to all populations of the bleeding disorders community in an effort to build social support and increase connectedness between community members to foster peer learning. Peer support sessions must be coordinated in conjunction with an HFA Programs staff member.	60 Minutes				<b>X</b>	
<b>PROGRAMS – Blood Brotherhood, Blood Sisterhood, Families Medical Education</b>							
<b>Alternative Therapies for Pain Management</b>	This session helps participants understand pain and pain management, discover alternative therapies to cope with pain, and discusses solutions and tips on how to talk to your doctor about pain.	60 Minutes	<b>X</b>	<b>X</b>			
<b>Bleeding Disorders 101</b>	Learn the basics of bleeding disorders with this helpful presentation. Created for an adult audience but adaptable, this presentation covers: types of bleeding disorders and genetics, types of bleeds, treatments and home infusion. Created by a retired HTC nurse coordinator, this presentation is great to use with new community, or for those who just need a “refresher.”	60 Minutes				<b>X</b>	
<b>Hitting a Homerun at Your Clinic Visit</b>	Presents tried and true tips to maximize your comprehensive clinic visit.	60 Minutes				<b>X</b>	
<b>In the Driver’s Seat of Your Health!</b> <b>NEW!</b>	This session concentrates on supporting women to create a more balanced life. Empowers women to take control of their health, body, and mind for a healthy lifestyle.	60 Minutes		<b>X</b>	<b>X</b>		<b>X</b>



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<b>Kinesio Taping</b> <b>NEW!</b>	The purpose of this session is to demonstrate and teach individuals how to effectively use kinesio tape for joint support, strength, and to reduce edema or swelling. This is mainly beneficial in acute bleeds to prevent the use of braces. Unlike braces kinesio tape does not limit the range of motion. It provides support while maintaining the range of motion. During the session participants will be using kinesio tape as instructed by a physical therapist.	60 Minutes					<b>X</b>	
<b>Living Longer and Stronger with a Bleeding Disorder</b>	This session highlights men’s/women’s health and wellness including the importance of a healthy weight/diet and general health risk factors for aging men with bleeding disorders, such as heart and joint health.	60 Minutes	<b>X</b>	<b>X</b>				
<b>Preparing for Joint Replacement Surgery</b> <b>NEW!</b>	In this presentation, attendees will learn how to prepare for joint replacement surgery including important conversations to have with your doctor prior to committing to the surgery as well as tips on how to prepare your home, organize health insurance information, and other important factors to consider. Overall, the goal of this presentation is to help attendees understand the importance of self-advocacy before embarking on surgery.	60 Minutes	<b>X</b>	<b>X</b>				
<b>Show Me Your Pearly Whites</b>	This session will identify key components in preventing dental problems and discusses ways to minimize risks of dental treatment.	60 Minutes	<b>X</b>	<b>X</b>				<b>X</b>
<b>The Basics of vWD</b>	This session discusses the different types of vWD, symptoms, and diagnosis. You will also learn more about what to expect at the doctor when you're first diagnosed and receive a brief overview of treatment options.	60 Minutes					<b>X</b>	<b>X</b>
<b>There’s No Place Like Home: Self Infusion at Home</b>	Empowers parents and patients to take control of bleeding disorder by understanding the basics of home infusion.	60 – 110 Minutes					<b>X</b>	<b>X</b>
<b>This Joint is Jumping: Adapting Activities for Joint Health</b>	This session discusses the importance of physical activity and introduces ways to adapt activities to participant’s individual physical condition.	60 Minutes	<b>X</b>	<b>X</b>				<b>X</b>
<b>Time for a Change</b>	<b>This is a presentation for mothers/caregivers and their daughters, ages 9-14,</b> addressing communication and puberty. Mothers will learn how to prepare their daughters for the changes of puberty and adolescence, and how to deal with puberty when girls have a bleeding disorder. Both Mom/caregiver and daughter will identify skills needed for adulthood: What girls need to know, how and when changes occur and tools to assist with the process.	60 Minutes		<b>X</b>	<b>X</b>			



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<b>PROGRAMS – Blood Brotherhood, Blood Sisterhood, Families Psychosocial</b>							
<b>Adversity? Challenge? Not a Problem!</b>	Introduces parents to steps to advocating for self and child as well as provides helpful hints for plugging into the 'empowerment grid'.	90 Minutes		<b>X</b>	<b>X</b>		
<b>But I Can't Bring Home the Bacon! Coping with Male Role Expectations</b> <b>NEW!</b>	Society places great pressure on men to be the head of the household and primary 'breadwinner,' for their families. However, what happens when you can't fit within that expected male role? Living with a	60 Minutes	<b>X</b>				
<b>Dad....It's An Action Verb</b>	Inspires Dads to become more active by providing ideas they can easily implement in five key areas of parenting.	60 Minutes			<i>Dads</i>		
<b>Been There, Done That: Growing Up with a Bleeding Disorder</b>	Learn from the guys who truly know what it's like to have a bleeding disorder - recruit local teens, young adults, and adult men to share their experiences. (may choose to do a panel of Dads or Moms instead)	60 Minutes			<b>X</b>		
<b>I Never Signed Up for That: Finding Joy in Family Life</b>	Explores the key elements of effective fathering and what can be done to improve our connection with our partners and children.	60 Minutes			<i>Dads</i>		
<b>Nurturing Couple Relationships</b>	Teaches parents how to put your child's bleeding disorder in its place and take your relationship with your partner or spouse off the back burner.	60 Minutes			<b>X</b>		
<b>We Need to Talk: Communication Strategies for a Healthy Relationship</b>	This session discusses various techniques to promote healthy and positive communication.	60 Minutes	<b>X</b>	<b>X</b>			
<b>PROGRAMS – Blood Brotherhood, Blood Sisterhood, Families Personal Advocacy</b>							
<b>ABC, Easy as 123, Simple as 504, IEP: The Basics of School Advocacy</b>	Guides parents and caregivers on how to best advocate for their child with a bleeding disorder in the school setting. This presentation includes an overview of IEPs, 504s, and health care plans utilized in schools.	60 Minutes				<b>X</b>	<b>X</b>
<b>Be Digitally Smart</b> <b>NEW!</b>	In today's ever changing technological landscape, it is vital to teach our children how to utilize technology safely. During this session children, will discuss tips and tricks for internet and technology safety. <b>(Appropriate for grades 1-5) Maximum of 25 attendees per adult facilitator</b>	60 Minutes			<b>X</b>		
<b>Be S.M.A.R.T: Mastering Social</b>	Discusses the relationships in the bleeding disorders community and the	90 Minutes				<b>X</b>	



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<b>Media, Advocacy, Relationships, and Treatment</b>	rights and responsibilities of being an educated consumer.						
<b>Before You Call 9-1-1: Advocacy with Your First Responder</b>	Guides parents and patients on how to educate their local first responders about bleeding disorders and includes information on customizable PowerPoints for patients and parents to use.	60 Minutes			<b>X</b>		
<b>Bullying: We're Not Going to Take It</b>	Distinguishes between different types of bullying, and identifying laws, resources and strategies to help protect your children. (Educational programs available for teens and adults)	60 Minutes				<b>X</b>	<b>X</b>
<b>Can I Get a Witness? Legal Rights for Bleeding Disorders</b>	This session will highlight legal rights in the workplace and insurance issues.	60 Minutes				<b>X</b>	
<b>Celebrate Independence NEW!</b>	Identifies the benefits of building independence in children and teens. This session also identifies tips and tricks to utilize in order to allow children and teens become independent with their bleeding disorder.	60 Minutes			<b>X</b>		<b>X</b>
<b>Don't Be Scared, Be Prepared: Creating a Family Emergency Plan</b>	Identifies the types of incidents that could happen in their local area and gives practical, easy to implement tips for being ready for anything	60 Minutes				<b>X</b>	<b>X</b>
<b>Honoring Our Past, Building Our Future</b>	To build our future, we must honor our past. During our 2014 Symposium, we launched a one- of-a-kind history room to highlight the milestones, triumphs, and tribulations of the bleeding disorder community. Inspired by the History Room, this interactive presentation will inspire attendees to become a stronger advocate for the future. (Best suited for kids over the age of 12)	90 Minutes				<b>X</b>	
<b>Financial Finesse: Planning for Your Future Currently Unavailable</b>	This session introduces basics of financial planning to help maximize current quality of life as well as steps to implement a plan.	60 Minutes				<b>X</b>	
<b>"Get Up! Get Into It! Get Involved!" NEW!</b>	This session is a structured discussion with families. It is designed to motivate families to get connected with the community and to stay connected. It will also help families brainstorm ways in which you can advocate for yourself and the community.	60 Minutes			<b>X</b>		
<b>Maintaining Boundaries NEW!</b>	Navigating the vast world of relationships within the bleeding disorders community can be tricky. During this session attendees will learn valuable tools to help make interactions and relationships beneficial. (Multiple versions available: Young Adults and All Audiences)	60 Minutes				<b>X</b>	<b>X</b>
<b>Tackling Transitions: From Tots to Teens and Beyond NEW!</b>	Transitions are never easy. During this panel discussion hear from the experts, those with bleeding disorders, as to how they transitioned to adult hood. Learn valuable tips and tricks to help your children become independent adults.	60 Minutes			<b>X</b>		
<b>Taming the #SocialMediaBeast</b>	Social media is constantly changing and it can be overwhelming to understand and keep up with. This presentation will discuss and offer ways for the bleeding disorders community to engage online, safely network, exchange information, and share best practices.	60 Minutes				<b>X</b>	<b>X</b>



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<b>Understanding Advanced Directives</b>	This session will explain the importance and process of advance directives.	60 Minutes				X	
<b>Welcome to the Jungle: Tips and Tricks for Mastering an ER Visit</b> <b>NEW!</b>	The ER is something that is all too familiar to those affected by bleeding disorders. During this session attendees will learn how to best prepare and create a calm, productive ER visit.				X		X
<b>When to Freak Out... Or Calmly Pick Up the Phone</b>	So...you have this child that bleeds – of course you are going to freak out from time to time!	60 Minutes			X		
<b>You Have the Right...</b> <b>NEW!</b>	This session will help you understand your right to use an interpreter in order to have a good communication between your doctor/health care provider and you.	60 Minutes					X
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<b>PROGRAMS – Blood Brotherhood, Blood Sisterhood, Families Wellness</b>							
<b>Finding Your Healthy Number on the Scale: Techniques for Weight Management</b>	This session will identify key indicators and potential complications of being overweight as well as introduces strategies for healthy weight management.	60 Minutes				X	X
<b>Finding Your Place in the Sports World</b> <b>NEW!</b>	Playing sports for anyone living with a bleeding disorder can be challenging. Feeling pressure from peers about sports can make it twice as difficult. In this session, teens will have the opportunity to identify safe sports for those with bleeding disorders, identify where and how they can participate, and also discuss how they can overcome some of the social pressures that arise surrounding the sports world. <b>Appropriate for teens ages 13 and up. Maximum of 30 attendees per adult facilitator</b>	60 Minutes			X		
<b>Game on: Sports for Kids with Bleeding Disorders</b>	Discusses benefits of sports & exercise, appropriate activities for various ages, knowing how to prepare for your sport, and knowing what to do if a bleed happens, as well as tips and tricks for talking to coaches. Developed from the perspective of a Dad/Coach whose school age son who has hemophilia is an All-Star baseball player.	60 Minutes			X		X
<b>Putting Stress in It's Place</b>	An extension of the Taking Care of You module, this session dives deeper into better understanding stress, anxiety, and depression. Attendees will learn further coping strategies to better manage stress.	60 Minutes				X	



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<b>Safety is Key: It's Up to You &amp; Me!</b>	Discusses safety on the go and at home, what issues are specific to bleeding disorders and go on an exploration of what implications safety concerns have on kids. Join us for strategies and solutions that work!	60 Minutes				X		X
<b>Taking Care of You</b>	This session discusses the impact of stress and introduces various stress-coping mechanisms.	60 Minutes					X	X
<b>You Are What You Eat</b>	Introduces the components and importance of a healthy diet and impact on overall wellness	60 Minutes					X	X
<b>Topic</b>	<b>Abbreviated Description</b>	<b>Approximate Time Needed</b>	<b>Blood Brotherhood</b>	<b>Blood Sisterhood</b>	<b>Families</b>		<b>All Audiences</b>	<b>Available in Spanish</b>
<b>PROGRAMS – Blood Brotherhood, Blood Sisterhood, Families Games</b>								
<b>Are You Smarter than a 5<sup>th</sup> Grader: Bleeders' Edition</b>	Can you pass the test? Kids and adults alike can learn basic bleeding disorders information in this interactive game. <i>(Designed for ages 5 and up.)</i>	60 Minutes					X	
<b>Bleeding Disorders Jeopardy</b>	Test your knowledge with this fun Jeopardy style game. Basic bleeding disorders education has never been this fun! Perfect activity for parents and kids to enjoy together.	60 Minutes					X	
<b>Bleeding Disorders Trivia NEW!</b>	Test your knowledge of bleeding disorders and sports trivia. A great game for all audiences!	60 Minutes					X	
<b>Fear Factor Deficiency</b>	Imagine a world where your greatest fears become reality. Are you ready? Well in this family friendly, fun and messy game you can challenge your fears while testing your bleeding disorder knowledge. Roll up your sleeves and hit those target joints, pull that plasma, and aim that syringe! Tons of fun for the whole family.	60 minutes				X		
<b>Heads Up: Bleeders' Edition</b>	Can you describe a hematoma, a physical therapist and mild without using those words? Kids and adults can learn in this password-style game. <i>(Designed for ages 5 and up.)</i>	10-15 minutes Engagement Activity					X	
<b>It's All in the Family! NEW!</b>	How well do you know your children? How well do your children know you? During this exciting, fun-filled game, parents are pitted against their children in a series of question rounds to determine how well families know each other!	60 Minutes				X		
<b>Jenga: Bleeders' Edition</b>	Be careful which block you pull from the Jenga tower - you may just have to answer a bleeding disorders related question. <i>(Designed for</i>	10-15 Minutes					X	



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	<i>ages 5 and up.)</i>						
<b>Never Have I Ever</b> <b>NEW!</b>	In this engaging rap session, compare your bleeding disorder experiences with others around you and get to know your community. This game can also be used as an icebreaker.	30-60 Minutes				<b>X</b>	
<b>Never Have I Ever: Kids Edition</b> <b>NEW!</b>	In this engaging rap session, compare your bleeding disorder experiences with others around you and get to know your community. This game can also be used as an icebreaker. <b>Maximum of 45 attendees per adult facilitator</b>	30-60 Minutes				<i>Kids</i>	
<b>Topic</b>	<b>Abbreviated Description</b>	<b>Approximate Time Needed</b>	<b>Blood Brotherhood</b>	<b>Blood Sisterhood</b>	<b>Families</b>	<b>All Audiences</b>	<b>Available in Spanish</b>
<b>PROGRAMS – Blood Brotherhood, Blood Sisterhood, Families Research</b>							
<b>What are Patient Centered Outcomes Research (PCOR) and Comparative Effectiveness Research (CER)?</b>  <b>NEW!</b>	This presentation will provide a basic understanding of patient centered outcomes research (PCOR) and comparative effectiveness research. Come learn about HFA’s PRIDE Project and how to participate in research from idea to data publication. (Accompanying handout provided)	60 Minutes				<b>X</b>	<b>X</b>