

### **TAKE CHARGE OF YOUR HEALTH: ADOLESCENTS WITH SPECIAL HEALTH CARE NEEDS HEALTH TRANSITION PLANNING**

#### **Are You Prepared?**

By age 14, you should start:

- Planning with your parents, doctors, teachers, and school guidance counselor for life after high school.
- Will you attend college or technical school?
- Do you need job training for work?

Be sure to include your health needs in your planning. Will you need special services for work, college or to live independently?

#### **Are You in Charge?**

By age 15, you should:

- Talk to your doctors about when and where to start looking for doctors who treat adults.
- Be aware that many pediatric doctors only see patients up to age 18 or 21, when they move from pediatric (or child) services to adult services.

#### **Do You...**

- Have a good and basic understanding of your disability/health condition?
- Know how to explain what you need to others?
- Know how to select the best health care provider for yourself? Ask your current doctor for help.
- Know how to make your own medical appointments?
- Know how/when to schedule well visits with your doctor? Write down your questions and take them to the appointment.
- Know how to order your own supplies or refill medications?
- Have a record of your medical history: conditions, dates of operations, treatments, recommendations, etc?
- Know when you need medical help and who to call in case of an emergency?
- Talk to your primary care doctor about sex and birth control?
- Have an emergency/disaster plan? Register with your Parish Emergency Operations Center if assistance may be needed for emergency services during disasters or other events.

Keep a list of addresses/telephone numbers for your doctors, pharmacy and other health care providers.

#### **Are Your Habits Healthy?**

Take steps to "Be Your Best!"

- Eat a healthy diet and maintain a healthy weight.
- Develop an exercise routine that will help you stay physically fit.
- Get enough sleep at night (seven hours or more).
- Avoid drinking, smoking, using illegal drugs, driving unsafely or having unsafe sex.

These are great discussion points for your annual well visit check-ups.

#### **Are You Ready to be on Your Own?**

- Have a basic understanding of your medical condition, health needs and warning signs. Be able to explain these to others.
- Get a copy of your medical history/records.
- Know how to select the best health care provider for yourself, make your own medical appointments and order medical supplies and refills.
- Keep healthy habits.
- Work with your parents, teachers and guidance counselors to help you decide what special services you may need in the future.

#### **What do You Need to Succeed?**

Do you have an Individualized Education Plan (IEP)? An IEP is an educational plan that has been formed to meet your educational needs.

If yes, then you may need an Individualized Health Plan included in your IEP if you have a health condition.

An Individualized Health Plan is a plan about your health care needs and what services you may require in school because of your medical condition (asthma, diabetes, seizures or other medical conditions) such as:

- Having handicap-accessible bathrooms or parking spaces
- Having assistance getting around
- Having specific times to take medication
- Having a special diet

If you are a youth with an IEP, or if you're getting special accommodations at school (504 services), staff at Families Helping Families can help you prepare for your school transition plan meeting.

#### ***Find a Families Helping Families Office Near You***

Families Helping Families has nine centers statewide, operated by parents and family members of individuals

## Children's Special Health Services Health Transition Planning *(continued)*

with disabilities, which can assist in transition planning.  
<http://laptic.org/fhcenters>.

### ***About Children's Special Health Services***

Children's Special Health Services is a program within the Department of Health and Hospitals' Office of Public Health that provides resources and services for children with special health care needs from birth to age 21. The Children's Special Health Services website has information on resources for transition and paying for health care.

[www.dhh.la.gov/cshs](http://www.dhh.la.gov/cshs)

## **TRANSITION RESOURCES**

Want to Learn More About ...?

### ***School Transition?***

Louisiana Department of Education:  
<http://www.louisianabelieves.com>

### ***Job Training?***

Louisiana Rehabilitation Service:

[http://www.laworks.net/WorkforceDev/LRS/LRS\\_Main.asp](http://www.laworks.net/WorkforceDev/LRS/LRS_Main.asp)

SSI Ticket to Work:

<http://www.socialsecurity.gov/work/aboutticket.html>

### ***Independent Living Programs?***

Independent Living Program/Community and Family Support/State Personal Assistance Services Programs:

[http://www.laworks.net/WorkforceDev/LRS/LRS\\_Living.asp](http://www.laworks.net/WorkforceDev/LRS/LRS_Living.asp)

### ***Health Insurance?***

Health Insurance Marketplace

<https://www.healthcare.gov>