

## Transition Health Care Information for the Florida Parishes

### For youth (ages 12 and up) with special health care needs and disabilities

#### **Take charge of your health information:**

- Do you know what medicines you are taking and WHY? If NO – ASK!
- Call your drugstore for your own medicines. The phone number is on the bottle.
- Do you know your health insurance plan name? What does it cover? Are you on a waiver program or list? Go to this link → [www.ldh.la.gov](http://www.ldh.la.gov), (type in Florida Parishes Human Services Authority)
- Keep a list of addresses and telephone numbers of all of your doctors and health clinics/hospitals.
- Keep a Medical Notebook that has your medical reports, medications, operations, & results of medical tests, your doctors will want to see this stuff.
- Ask your doctor to write a short summary or outline of your health condition & keep in your Medical Notebook.
- Know how to order and take care of any special equipment you use.

#### **Be your own health care advocate:**

- Learn about your health condition or disability.
- Know the warning signs that mean that **YOU** need emergency help very soon or NOW!
- Know who to call in case of an emergency. Carry that information with you everywhere.
- Learn how to make your own medical appointments.
- Write down any questions you have before you go to see your doctor.
- Meet with your doctor and other staff by yourself.
- Ask your doctor and other staff questions. If you don't understand what they are saying, ask again.
- Talk to your doctor about adult things: How will my special health care need affect my romantic relationships? The real dangers of drug use (drug interactions)? Thinking and planning for my future family, why birth control helps me plan and be ready to care for my own children.
- Tell your doctor, nurse, or social worker if you are feeling down or feel like you are being bullied. They can help!
- Ask your doctor to explain all your medical tests and what the results mean.
- Ask for copies of medical tests and the results. Keep these in your Medical Notebook!
- Make sure you carry your insurance card with you at all times, and bring your Medical Notebook to office visits.
- Speak up and let your doctors know what's important to you, what your beliefs are. Let them know about any advice they are giving you that doesn't feel like a good fit for you.

#### **Plan for transfer to a doctor who treats adults:**

- Talk to your doctor about how and when you should start seeing a doctor who treats adults.
- Ask your doctor about any resources they know that might be helpful for you.
- Meet and talk with your new adult care doctor before you switch from your old doctor.

#### **Plan for independence:**

- Know what you feel comfortable doing on your own and what new skills you want to have to experience new events on your own. What are the social skills that adults have? Make a list & talk with your family and doctor.
- What health insurance program will you have when you're 18 or 26? Who will pay for your medical visits?
- What type of job do you want? What jobs do you do on your own? Talk with your family and doctor.
- Getting around town - Transportation? How will you get to your doctor's office or get groceries?
- Decide about housing and money: Where will you live? How will you get enough money to live on your own? What exactly is a financial budget anyway? Do I need to know this?? YES!
- Do you have guardianship issues? Do you have a plan for Power of Attorney? Talk with your family and contact the advocacy center → [www.advocacyla.org](http://www.advocacyla.org)

**Resource: Families Helping Families:** Provides information and parent-to-parent support for families of children/youth with special health care needs, 985-875-0511 or 800-383-8700 [www.fhfnorthshore.org](http://www.fhfnorthshore.org)