

Taking Care of Your Special Health Care Needs

1. **Start to learn about your disability or condition.**
2. **Ask your health care team about where to get more information about your condition or how to connect with other young people with disabilities.** Your DSCC Care Coordinator may also have helpful information.
3. **Make sure you understand your medications, what their names are, what they do and when you take them.**
4. **Start taking more responsibility for your own self care** (such as cleaning your equipment, doing your exercises, following your special diet requirements and taking your medications without being reminded). Take pictures or notes of the steps involved and mount on poster board to use as a guide.
5. **Take an active role in your appointments by asking questions.**
6. **Ask your health care providers to explain to you why you are having a test and the results of the tests.**
7. **Know about any allergies you have.**
8. **Learn the warning signs that mean you need emergency medical help and know who to call in an emergency.**
9. **Talk to your doctor about how smoking, street drugs and alcohol interact with your condition or the medication you are taking.**
10. **Talk to your doctor about difficult topics, such as the changes in your body, puberty and birth control.** You may also want to consider a genetics consultation if you have not already had one.
11. **Learn how to have a prescription filled.**
12. **Ask your health care team about adaptive equipment or assistive technology** that may be available to help you perform treatments or activities of daily living more independently.
13. **Talk to your doctor about transition, how and when you should move to adult services,** your options and what differences to expect in the adult services.



We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dscc.uic.edu or like us on  facebook.com/dscc.uic.edu