

What is Your Health Condition?



1. Knowing your health condition/disability can help you in many ways:

- Makes it easier to talk with your doctor, family, friends, teachers and others.
- Increases your ability to speak up for yourself to get your needs met.
- As you get older you will want to be able to better understand your condition and what it takes to keep yourself healthy.
- Take responsibility for your own health care.
- Helps you stay healthy and makes it easier to do the things you enjoy.
- You'll know how your health condition/disability affects your daily activities so you can find the supports, devices or accommodations needed to help you become more independent.

2. You can learn more about your health by:

- Keeping a record of your medical history, including conditions, surgeries, treatments (dates, doctors, recommendations).
- Filling out medical forms at the doctor's office.
- Knowing your warning signs so that you get help as soon as it is needed.
- Knowing the names of your medications and what they do for you. If you are not able to remember the names or what your medicines do, you should ask somebody to write this down for you. Always carry it in your wallet to share with providers when needed.
- Asking your doctor, nurse or DSCC Care Coordinator to help you write a plan of care or a portable medical summary to use to share information with others that care for you, including the new doctor(s) that will care for you when you are an adult.
- Talking to others who have a similar disability/health condition.

3. You may find helpful information about staying healthy and/or specific information about your condition/disability at:

- <http://kidshealth.org/>
- National Dissemination Center for Children with Disabilities:
<http://www.nichcy.org/Disabilities/Pages/Default.aspx>
- Kids as Self Advocates

(Go to the next page for more tips on learning more about your health condition)

Knowing about Your Medical Condition/Disability

1. Go to www.npsf.org/askme3 to learn more about the three questions you need to ask at each doctor's visit:

- **What is my main problem?**
- **What do I need to do?**
- **Why is it important for me to do this?**

2. Know your diagnosis and treatment:

Diagnosis(es):

Treatment:

3. Record what medical symptoms are typical for your condition. Include affect, behavioral issues, physical symptoms, and frequency of occurring illnesses.

4. Symptoms to Watch for:

Action Plan:

1.

2.

3.

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

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