Taking Care of Your Special Healthcare Needs

Transition Skills, Tips & Tools

Medical Treatments

1. Start to learn about your disability or condition.

2. Ask your healthcare team to help you learn about your condition and connect you with other young people with disabilities. Your DSCC Care Coordinator can also help you.

   Make sure you understand your medications, what their names are, what they do and when you take them.

3. Start taking more responsibility for your own self care (such as cleaning your equipment, doing your exercises, following your special diet and taking your medications without being reminded). Take pictures or notes of the steps involved and keep these in a notebook or mount on poster board to use as a guide.

4. Take an active role in your appointments by asking questions.

5. Ask your healthcare providers to explain to you why you are having a test and what the results of the test may mean.

6. Know about any allergies you have.

7. Learn the warning signs that mean you need emergency medical help and know what to do in an emergency.

8. Talk to your doctor about how smoking, street drugs and alcohol interact with your condition and the medications you are taking.

9. Talk to your doctor about difficult topics, such as the changes in your body, puberty and birth control. You may want to consider genetic counseling to learn how your condition might affect your family or you during some stages in life.

10. Learn how to have a prescription filled using your insurance.

11. Ask your healthcare team about adaptive equipment or assistive technology that may be available to help you perform treatments or activities of daily living more independently.

12. Talk to your doctor about the transition to adult health care, how and when you should move to adult providers and services, your options and what differences to expect in the adult services.

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: **dscc.uic.edu**

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