

# What is Your Health Condition?

Transition Skills, Tips & Tools  
Knowing Your Health Care Needs



## 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.
- You can better speak up for yourself to get your needs met.
- As you get older, having a better understanding of your condition and what it takes to keep yourself healthy is important.
- Becoming responsible for your own health care can help you become more independent.
- 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 do the things you want to do.

## 2. You can learn more about your health by:

- Keeping a record of your medical history, including conditions, surgeries, treatments (dates, doctors, medical advice).
- 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. This will make it easier 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:

- [kidshealth.org/en/teens/all-categories](https://kidshealth.org/en/teens/all-categories)
- [ttaonline.org/disability-related-information](https://ttaonline.org/disability-related-information)

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

# Knowing About Your Medical Condition/Disability

1. Go to the Institute for Healthcare Improvement (IHI) [www.ihl.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx](http://www.ihl.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx) 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. List the medical symptoms that are typical for your condition:

---

---

---

4. Symptoms to watch for:

---

---

Action Plan:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**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](http://dscc.uic.edu)

