LOUISIANA DEPARTMENT OF HEALTH
Children's Special Health Services

Transition Health Care Information for the Monroe Area

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, (type in Community Services Office Region 8)
- Do you know your doctor's address? Phone number? Write it down, keep for emergencies.
- Keep a Medical Notebook that has your medical reports, medications, operations, & results of medical tests; your doctors will want to see these.
- Keep a short outline of your health condition & put it in your Medical Notebook.
- Do you know how to order and take care of any special equipment or supplies you use?

Be your own health care advocate:

- Do you know what your health issues are?
- Do you know the danger signs that mean that **YOU** need emergency help very soon or NOW!
- Do you know who to call in case of an emergency? Carry that information with you everywhere.
- Do you know 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, 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/staff if you are feeling down or are being bullied. They can help!
- Ask your doctor to talk about all of your medical tests and what the results mean. Keep copies in your Medical Notebook!
- Always carry your insurance card with you, and bring your Medical Notebook to doctor visits.
- Let your doctor know what's important to you; what your beliefs are. Let them know if you will do what they say or tell them why you can't.

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 plan will you have when you're 18 or 26? Who will pay for your medical visits?
- Do you know what type of job you want? What can 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 food?
- Do you know where will you live? How will you get enough money to live on your own? What exactly is a budget anyway? Do I need to know this? YES!

Can you make your own decisions? Do you need a Power of Attorney? Talk with your family and contact the advocacy center if you need help. → www.advocacyla.org

Resource: Families Helping Families: Provides information and parent-to-parent support for families of children/youth with special health care needs, 318-361-0487 or 888-300-1320 www.fhfnela.org

Information provided by: Louisiana Children's Special Health Services (CSHS) - For more information about CSHS call 318-361-7282 or visit the website: www.ldh.la.gov/cshs