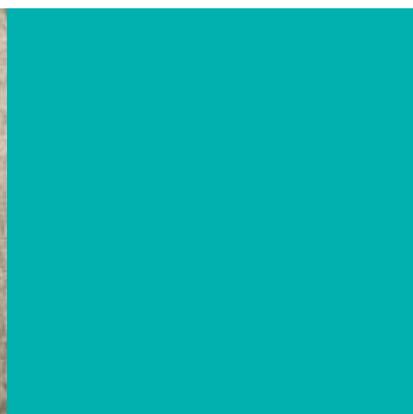




HEALTH CARE

ADVICE. TIPS. AND MORE



START TO TAKE CHARGE

----- AGES 12-14



There are lots of new things to think about now that you are transitioning from a child to a teen. As you work your way from grammar school to middle school and beyond, you will be able to start making more decisions for yourself. Not only will you get to adjust the way you go to school, do homework and spend your free time, you'll adjust to some dramatic physical changes too!

Your body is on physical overload, at least, it feels like that sometimes. But, these changes are normal and it's important that you understand how they impact your health care situation and needs. Up to this point, your parents made all health-related decisions for you—they reminded you to take your medications, they chose and talked to your doctor, and decided what was best for you. Now, it's time to start taking charge. The more you know about your body and its needs, the better off you'll be. Your parents aren't going to be around to watch you every minute of the day, so you get to be responsible for the activities that help keep you healthy.

Look for the health care forms in the pocket of this guide. They'll help you keep your health care information updated so that you're always ready when you visit your doctor. They're also available on CD.

READY. SET. TAKE CHARGE.

It's easy to start taking charge of your health. And, it's still okay to ask your parents about it. The important thing is to find out how much you do know and learn the answers to what you don't. So, let's start:

(Use the space provided to write down your answers.)



FIRST: DO AS MUCH AS YOU CAN ON YOUR OWN.

a. What activities do you need to do to keep yourself healthy?

.....
.....

b. Can you do these activities by yourself?
Or do you need someone to help you?

.....
.....

c. Do you know how to direct others to help you?

.....
.....

SECOND: TAKE PART IN THE DECISIONS ABOUT YOUR HEALTH.

a. Do you talk to your doctor during your visits?

.....
.....

b. Do you understand your needs? What are they?

.....
.....



c. Do you ask questions and agree to treatments?
.....

d. Where do you go for more information besides your doctor?
.....

Write down any extra thoughts or questions you may have.
.....
.....

THIRD: LEARN AS MUCH AS YOU CAN ABOUT YOUR HEALTH NEEDS.

a. Do you know what your diagnosis is called?
.....
.....

b. What medications do you take?
.....
.....

c. When do you take them?
.....
.....

d. Do you know how to re-order your medications?
.....
.....

e. What is your doctor's name and phone number?
.....

f. Who should be called in case of an emergency?
.....

Take your time, this is not a test. Relax and go at your own pace. Just remember, the more you think about your health, the better prepared you'll be when you're finally on your own!

WHAT DOES IT ALL MEAN?

----- IT HAS TO DO WITH YOUR FUTURE.



It's important to understand

if your medical condition or disability might limit the kind of job you'd like to have when you grow up. Or the kind of college or university you can go to, or even the place you may want to live. Understanding your situation can help you pick out the best classes in high school, the best training or education beyond high school, and the best resources for reaching your goals.

All in all, when you stay healthy and understand your health needs, there's no limit to what you can be...President, business owner, the next reality show star.

PARENTS' SECTION

TIPS FOR PARENTS

Helping your child understand his or her disability or medical condition is crucial. While you are still the primary care taker, it's impossible to be there every moment of their lives. As they start to reach out for more independence, they must be prepared to handle the situations they are likely to face.

Here are a few simple tips to help you help your child take charge of his or her health and be better prepared for independence.

1. Be sure and talk to them about their needs in general.
2. Be sure they know their medications' names and understand the proper dosage. Make sure they can refill prescriptions, if necessary.
3. Make sure they can call their doctor and make or change appointments on their own.
4. Make sure they have the necessary insurance information, ID cards, and phone numbers.
5. Make sure they have and know emergency contact information i.e.- work numbers, doctor's office, hospitals, family contacts.
6. Let them be an active part of doctor visits – encourage them to ask questions and give answers during health care visits.
7. Begin to talk about transitioning from a pediatrician to a doctor for adults.
8. Discuss and plan out the responsibilities they must start to assume regarding their health care.

Use the medical history forms in the pocket of this guide to help you and your child keep their health care information updated. These forms, which are also available on CD, can be a very useful resource at doctor visits.

ON YOUR OWN...ALMOST

----- AGES 15-17

You're no longer a kid, but you're not quite an adult. It's tough being right in the middle. You're expected to be responsible, and some of the things you have to be responsible for can be very heavy-duty...like your health. It can be a lot of work to manage a disability or a medical condition and although you'd rather spend time going out with friends, it's important that you take time to think about your health, understand it, and start to manage it.

The ability to manage your health care may allow you to live independently. It's a big undertaking, but like everything else, (like playing video games), it just takes time to learn. The best part of taking control of your health situation is that the adults in your life will listen to your input and opinions, because they know that you have taken the time to learn and are interested in being responsible for your future. Learning, developing, and practicing the skills that will help you live a successful independent life will ultimately allow you to focus on the things that make life worthwhile. You know, the "3 F's" — friends, family, and fun.

*Look for the health care forms in the pocket of this guide.
They'll help you keep your information updated so that
you're always ready when you visit your doctor.
They're also available on CD.*

A LITTLE PRACTICE GOES A LONG WAY



Beginning to practice a bit of independence is not as hard as it sounds. Here are a few useful tips for managing your health.

(Use the space provided to write down your answers/thoughts.)

FIRST: SPEND TIME ALONE WITH YOUR DOCTOR AND OTHER HEALTH CARE PROVIDERS.

a. Practice talking to them about your health and how you feel physically. Your parents have been doing all the asking and answering up to now, now it's your turn. Think about what you may want to change about the way you manage your health.

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b. Ask questions. What changes or symptoms should you be looking for? What treatments are available?

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c. What changes can you expect as you continue to mature?

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.....
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SECOND: KEEP A MEDICAL JOURNAL. JUST LIKE KEEPING A JOURNAL ABOUT PERSONAL THOUGHTS AND FEELINGS, A MEDICAL JOURNAL CAN HELP YOU KEEP TRACK OF IMPORTANT MEDICAL INFORMATION AND EXPERIENCES.

- a. Make a note of new issues or symptoms, when they started, and how long they've been occurring.
- b. Jot down questions to ask your doctor about new procedures, medications you've heard about, or anything else that relates to your health.
- c. Take the journal with you on your doctor visits to remind you of your questions, jot down answers, and make notes of any new information or instructions that the doctor may have for you.
- d. Keep track of your medications.
- e. Keep track of your medical activities and therapies. How well are they going? Is there anything about them that is bothering you, has changed, or has become difficult to do?

For more information on how to keep a medical journal, turn to the end of this guide where you'll find resources on a lot of useful topics.

THIRD: START PREPARING TO TRANSITION FROM A PEDIATRICIAN TO A DOCTOR FOR ADULTS.

- a. Ask your doctor if he or she has an age limit when it comes to patients. If they only treat kids, now is a good time to start researching new doctors.
- b. The same goes for the hospital or medical center – they may also have age limits.
- c. Talk to you doctor and parents about the things you should know about selecting a new doctor.
- d. Be prepared to answer what may seem like all the same questions all over again with your new doctor. This is where that journal really comes in handy.

Tell your parents you want to take a more active role in your health care decisions. Practice becoming more independent and talk with your parents and doctors about what things are most important for you to learn doing on your own now. And always remember to ask for help when you need it. After all, your parents have cared for you your whole life and are experts on your health.

Notes:

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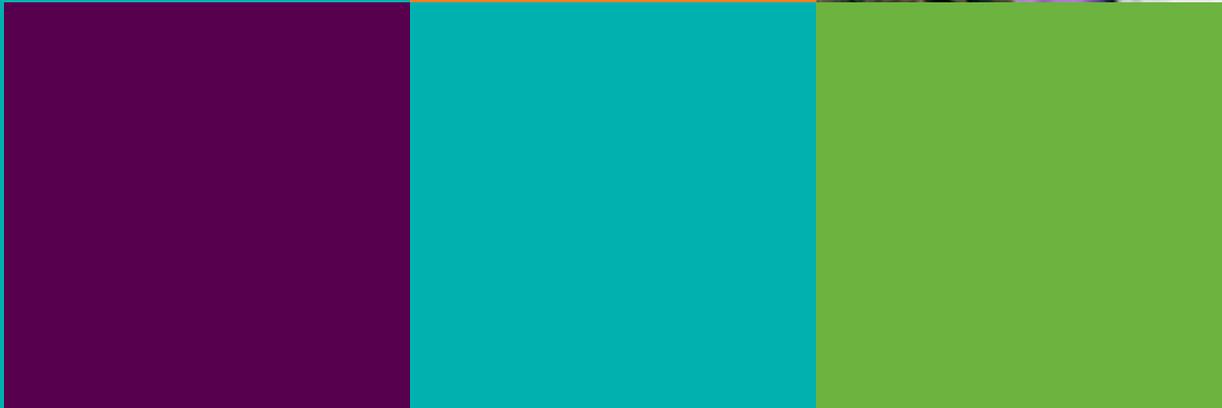
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KEEPING TRACK OF YOUR HEALTH CARE INFORMATION

----- AUTHOR KELLIE HAIGH IS 25 YEARS OLD. SHE LIVES IN OXFORD, IOWA.



Keeping track of your health care information can be difficult. It can be tough to figure out a system that works for you. Here are some tips on keeping track of your health care information.

STEP 1: **Gather your information.** The first step is to gather all of your health care information together. If you are just starting to manage your own health care information, you may need to ask a parent or guardian to give you any papers that they have about your health care. Information can include doctor records, bills, and health insurance information.

STEP 2: **Sort your information into piles.** Sorting all of this information can seem overwhelming. Start by making a few different piles. For example, make an insurance pile and a doctor's office pile. Put all of your papers into those two piles. Once you have done that, break those two piles into more piles. For example, you could break those piles into prescription medications, disability information, and insurance benefits information. Keep breaking down your piles until you get the following piles:

- Insurance, Medi-Cal, or Medicare benefits coverage information;
- Insurance, Medi-Cal, or Medicare Explanation of Benefits;
- Prescription drug coverage information;
- Doctor's office bills;
- Doctor's office receipts;
- Information about prescription medications that you are taking;
- Information about your disability; and
- Any other health care information that you have.

These are some ideas for piles, but you might come up with ideas that work better for you.

STEP 3: **Get folders.** Put the information that you have sorted into folders. File folders work well for this. Label the folders so that you know what is inside. For example, one folder will be labeled "Doctor's office bills," and another folder will be labeled "Information about my disability."



STEP 4: **Read all of your health care information.** It is important that you understand your own health care information, but reading it is hard. Start by reading the information in one of your folders. Write down any questions as you read. It is okay if it takes you a long time to read all of your information. Be proud of yourself for starting to read your health care information.

STEP 5: **Ask for help.** Understanding health care information is hard. It is fine to ask for help! Look at your notes that you took while you were reading your health care information. Decide who you need to ask to get your questions answered. If you had a question while looking at a doctor's bill, you may need to call the doctor's office. If you had a question while reading your insurance policy, you may need to call the insurance company. You might want to ask a parent or guardian to help you sort out your questions and figure out how to get the answers. Talking to different people to get answers to your questions may be scary or frustrating. Don't give up! Make sure to get the person's name or ID number (sometimes at health insurance companies the people you talk to may have an employee ID number). Write down the answers to your questions and who told you the answers. This can be important in the future to show other people why you made decisions based on the answers you received from certain people, their employees. Getting answers to your questions and who told you the answers is called "documentation." Documentation is an important thing to learn how to do to advocate for yourself.

STEP 6: **Add information to the folder.** When you get new health care information, read it and write down any questions. Ask all of your questions until you get them answered. Write down the answers to your questions. Then you can add the new health care information to your folders.



Resources:
See "Surviving a Doctor's Appointment," and "Tips for Preparing for a Doctor's Appointment," and "Your Rights at the Doctor's Office," all written and produced for Kids As Self Advocates (KASA) and found on their website under Youth Resources, www.fvkasa.org



WHEN YOU FINALLY TURN 18...

----- YOU'RE LEGALLY AN ADULT...NOW WHAT?

When it comes to your health care, once you turn 18, you're legally an adult and you can do anything an adult can do. You will have certain rights and certain responsibilities. Among the most important is the right to have most of your medical information kept private...even from parents. Along with this comes the responsibility to sign your own consent forms that state that you understand what doctors are telling you and you agree with the tests, surgeries or any other procedures that have been discussed. Doctors cannot talk to anyone else about your health unless you give them permission to do so. In case of emergencies, you must sign a "release of information" form ahead of time so that they can contact parents or anyone else you indicate. All this may seem a bit scary, that's why it's important to understand your health situation now. Then, you can be better prepared once you have to tackle it on your own.

But remember, just because you're the sole person responsible for your health doesn't mean you can't ask for help. The best tip we can give you is...Always ask! You can find websites and other useful information sources in the "Resources" section of this guide.



PARENTS' SECTION

TIPS FOR PARENTS

Once your child turns 18, you no longer have access to his or her health information. Health care providers must respect the right to confidentiality and privacy as required by law and it's only through written consent, signed by your child, that you can be made aware of medical information.

For parents of young adults who may have problems making informed decisions about their health this can seem like a scary, even risky, development. Yet, there are steps that parents can take to insure that their child's health care isn't compromised. Here are a few things to keep in mind:

1. Set up a network of support. This network can include family and friends, yet it must function within the limits of privacy laws.
2. Obtain signed "release of information" forms so that the family/friends network will have access to medical information if your son or daughter chooses.

This can be a difficult subject as it pertains to an individual's civil rights. A balance must be struck between legal rights and a person's well-being. Therefore, while complicated, parents should approach this with careful thought and the young adult's best interest in mind.



Use the helpful forms in the pocket of this guide to help you and your child keep their health care information updated. These forms, which are also available on CD, can be a very useful medical history resource to be used at doctor visits.

ADULTHOOD AND BEYOND

----- AGE 18+

Turning 18 is an exciting moment. Now that you are legally an adult, you can make your own decisions and take on your own responsibilities. You may not “feel” different, but the choices you now get to make will definitely be different. You can vote, sign contracts, manage your health care and decide who can access that information. Hopefully, you’ve taken the time to practice managing your health situation — keeping a health journal, talking with your current doctor, taking a more active role managing your health — and now you are fully prepared to transition to an adult-oriented health care program. This transition can be a smooth one with guidance, support and help from the resources available to you. Here are a few tips to get you started.



Use the health care forms in the pocket of this guide to help you keep your information updated. They're good tools to have available when you visit your new doctor and will help make the decisions about your health care much easier. These forms are also available on CD.



FIRST: Transfer your health care to a doctor for adults. This is probably your first time choosing your own doctor, so here are a few tips to help you:

- a. Ask others for recommendations: Talk to your current doctor about a referral. Talk to family and friends. Or seek advice from local support groups for individuals with similar disabilities or medical conditions.
- b. Meet with the new doctor early and while you're healthy to discuss your needs and treatment preferences. Procedures are often different from the pediatric practices you became accustomed to as a child.
- c. Develop a relationship with your new doctor. This takes time, but don't be afraid to ask questions and give your opinion. You need to feel as comfortable with your new doctor as you did with the one you are leaving behind.

SECOND: Establish yourself as the leader in managing your health care. Remember, up to now, your parents made most of the decisions and it'll be hard for them to let go. But make sure they know their input and opinions are welcome. They may not be in charge anymore, but their years of experience caring for you make them valuable sources of information and support.

THIRD: Make sure you are aware of your options for health insurance coverage. This can be the most complicated aspect of all as you may still be covered by your parents' plan or a combination of public and private plans. The insurance that you had before you turned 18 will likely change, so it's important you understand what type of coverage you have and how it will change.



HEALTH CARE COVERAGE

----- KEEPING IT. GETTING IT. USING IT.

Keeping your health insurance coverage after you become an adult is very important and completing the necessary paperwork can be time-consuming. It is best to prepare ahead of time in order to make sure that your medical coverage continues when you become an adult.

The type of medical coverage you have as a child may change once you become an adult. What type of coverage you have as an adult will depend on many different things; for example, if you are attending college, disabled, or transitioning from foster care. You may qualify for a public medical assistance plan such as Medi-Cal. California has many public medical assistance programs in addition to Medi-Cal, including California Children's Services (CCS), Healthy Families, and the Genetically Handicapped Persons Program (GHPP).

Whatever medical coverage you have, it is important to be aware of the rules and requirements necessary to continue receiving coverage into adulthood.

The following information is very general, so please make sure to review and access the list of sources to get more details on the programs outlined below.

Medi-Cal (Medicaid)

Medi-Cal is California's Medicaid program. This is a public medical assistance program which provides needed health care services for low-income individuals including families with children, seniors, persons with disabilities, children in foster care, pregnant women, and low income people with specific diseases. You automatically receive Medi-Cal if you are currently on Supplemental Security Income (SSI), a Social Security Program providing monthly cash benefits to youth and adults with certain types of disabilities. Your local County Welfare Department handles all Medi-Cal applications for individuals who are not on SSI.

Medi-Cal benefits are different for children than they are for adults. Once you turn 18 or 21 years old, some of the benefits you receive may change. In addition, if you are on SSI cash benefits before the age of 18, a different definition of "disability" is used for adults than for children. SSI will review your medical condition when you turn age 18 to see if you meet the adult definition of disability. Depending upon the result, you may or may not continue to receive SSI and Medi-Cal as an adult. For more detailed information on the SSI Program, check out the Financial chapter of this toolkit.

Before your 18th birthday you should consult with your Medi-Cal Eligibility Worker, Social Security Representative, Managed Care Health Plan, Primary Care Doctor, or Nurse Case Manager to see what benefits you are entitled to and how you are going to receive those benefits.

A lot of people on Medi-Cal are worried about what is going to happen to their benefits once they start working and earning money. But don't worry – there are a lot of different work incentive programs that can help you keep your Medi-Cal benefits while you are working! For more information, check out the “Employment” section in this toolkit.

Medi-Cal rules and regulations can often be very difficult to understand and getting help before you turn 18 or start working will make for a smooth transition.

What Medi-Cal Means to You

www.dhcs.ca.gov/formsandpubs/publications/Documents/Medi-Cal_PDFs/pub68_english.pdf

What Are My Medi-Cal Choices

www.dhcs.ca.gov/formsandpubs/publications/Documents/MMCD/DHCS_Eng09_F.PDF

County Offices to Apply for Medi-Cal

www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx

The Medi-Cal Working Disabled Program

www.chiip.org/pdf/CHIIP-MWD_6-08.pdf

Disability Benefits 101: Plain language information on all the different public and private disability benefit programs in California

www.disabilitybenefits101.org



HEALTH CARE COVERAGE

----- KEEPING IT. GETTING IT. USING IT.

California Children's Services (CCS)

CCS is a statewide program that arranges, directs, and pays for medical care, equipment, and rehabilitation when these services are authorized by the program. Services can be authorized for children and young adults under 21 years of age who have CCS-eligible medical conditions and whose families are unable to pay for all or part of their care. CCS defines eligibility and selects the most qualified professionals to treat your CCS-eligible condition. However, it is important for you to know that CCS will not meet or pay for all of your health care needs. CCS covers only those health care needs related to your CCS-eligible condition.

CCS coverage stops on your 21st birthday. You may be eligible for other public medical assistance programs after your 21st birthday and it is a good idea to begin planning for your continued coverage as early as possible. Ask your CCS Nurse Case Manager for assistance with your transition of health care needs.

Family Handbook: What Parents/Guardians Should Know About California Children's Services (CCS)

www.dhcs.ca.gov/formsandpubs/publications/Documents/CMS/pub387.pdf

Healthy Families Insurance Program

The Healthy Families Program is for children only. Healthy Families medical coverage includes, health, dental and vision to children who do not have health insurance. Healthy Families covers children and young adults up to their 19th birthday.

Healthy Families Program Assistance

www.healthyfamilies.ca.gov

Genetically Handicapped Persons Program

GHPP is a health care program for adults with certain genetic diseases. GHPP provides complete health care services to its clients. Unlike other programs, the GHPP covers services even if they are not related to the treatment of the GHPP-eligible medical condition. The approval of these services is subject for individual review based on medical need.





Genetically Handicapped Persons Program

www.dhcs.ca.gov/services/ghpp/Pages/default.aspx

Family Coverage

Most health coverage under your parent's work plan ends when you turn 19. You may still be covered under your parents' plan:

- for a few more years, up to 25 or 26 years of age
- if you are a full time student
- if you are disabled and need your parents to support you.

But plans do vary.

Be sure to find out which of these applies to you.

Health Coverage through Work

Many employers offer health insurance, but most will also require that employees pay for part of it and require that you work a certain number of hours each month. The amount will be deducted directly from your pay check, and although it may seem like a lot, it's far less than what you could pay in the ER or for a day in the hospital if you had to pay the full price. You'll likely have options to choose from at work, so be sure and review the "Resources" section in this guide for information on choosing the best plan for your needs.

Health Coverage While in College

Going away to school may make it impossible to see the doctor you usually see in your hometown. Make sure to check with your insurance plan to see if it allows you to switch to a doctor close to school and then switch back when you're back home again. Some insurance plans don't allow this, they will only cover visits with your primary care doctor in your hometown, so be sure and ask about your options. There are a lot of other things to keep in mind regarding your health care when going away to college — read the section "College and You" for more useful tips.

TIPS FOR PARENTS

----- HELPING MAINTAIN HEALTH COVERAGE



Most coverage for dependent children under employee-based health plans ends at age 19. But plans do vary. Age limits go up if the young adult is a full or part time student, is disabled (as defined by the Social Security Administration), or if you are providing over half of your child's support. Be sure to read your plan's policy on dependent children carefully and be prepared to request continuing coverage from your employer's plan 5 or 6 months before your child turns 19, especially if your child needs an evaluation from the Social Security Administration.

Use the medical history forms in the pocket of this guide to help you and your son or daughter keep their health care information updated. These forms, which are also available on CD, can be a very useful resource as they take on the role of decision maker.

HOW TO PREPARE FOR YOUR OWN HEALTH CARE

Making decisions about your health care can be overwhelming. But being responsible for these decisions, whether you make them on your own, or with a little help from your parents, doesn't have to be.

Use the worksheet below as a guide to help your transition into adult health care.

1. Does your parents' plan cover you after you turn 19? For how long?

.....
.....

2. What are the requirements to maintain coverage if you do stay on your parents' plan?

.....
.....

3. Find out from your CMS Nurse Care Coordinator how Medi-Cal may change for you when you turn 19.

.....
.....

4. Does your plan allow you to switch doctors when you're away at college?

.....
.....

5. If you're employed, what options do you have and how much do they cost?

.....
.....



COLLEGE AND YOU

You may be planning to go away to college or obtain vocational training. This is one sure way of increasing the likelihood of living a productive and fulfilling life. Transition to a new school and to a new doctor for adults is easier when you know what to expect and most important of all, when you know what you should consider when making your plans and choosing your school.

One of the most exciting parts of going away to college is the freedom you have...you're completely on your own. But this means you have to be prepared to take care of your own needs. Your parents will no longer be there to take care of you, to remind you about medications, to make decisions for you, or to solve problems. So knowing your needs and if the school you're considering can accommodate them is very important.

Let's start with your needs:

a. What medical care do you need when you're away from home?

.....
.....

b. Do you need physical assistance? Will you need personal assistants to help you complete activities of daily living?

.....

c. Are these services available at the colleges you are considering? Contact the Office for Students with Disabilities for that college to find out.

.....

d. Do you have special dietary needs? Are these available? Can they accommodate them, if not available?

.....



Before you get there:

- a.** Prepare for medical emergencies. Make a list of contacts, numbers of family, doctors, hospitals. Share it with others like your Dorm Advisor and roommate.

.....
.....

- b.** Arrange for any medical support you may need in case of an emergency — list of equipment, medications.

.....
.....

- c.** Prepare a list of medications, equipment, supplies that you use on a regular basis and where to get them.

.....

- d.** Find out where you can get equipment, such as a wheelchair repaired or replaced.

.....
.....

Once you get there:

Talk to your academic advisor about your disability. Since this might affect your ability to take a full course load, it's important to find out if a reduced schedule still qualifies you as a "full-time student" as this will impact your health insurance coverage.

Remember, it's all up to you now. No one is going to come to you to ask if everything is okay. You are responsible for making sure you have what you need to succeed. Your success will depend on the effort you put into it. When you give 100%, you'll reap great benefits because Talent Knows No Limits. And of course, never, never be afraid to ask for help!

NOTES



A series of 20 horizontal dotted lines on a white background, providing a template for writing notes.



Adult Health History Form

Last Name

Name _____	Date _____
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Your answers on this form will help your health care provider better understand your medical concerns and conditions better. This form will not be put directly into your medical chart. If you are uncomfortable with any question, do not answer it. If you cannot remember specific details, please provide your best guess. **Thank you!**

Age _____ How would you rate your general health? Excellent Good Fair Poor

Main reason for today's visit: _____

Other concerns: _____

REVIEW OF SYMPTOMS: Please check any current symptoms you have.

- | | | |
|--|---------------------------------------|------------------------------|
| <i>Constitutional</i> | <i>Respiratory</i> | <i>Skin</i> |
| ___ Recent fevers/sweats | ___ Cough/wheeze | ___ Rash |
| ___ Unexplained weight loss/gain | ___ Coughing up blood | ___ New or change in mole |
| ___ Unexplained fatigue/weakness | | |
| <i>Eyes</i> | <i>Gastrointestinal</i> | <i>Neurological</i> |
| ___ Change in vision | ___ Heartburn/reflux | ___ Headaches |
| | ___ Blood or change in bowel movement | ___ Memory loss |
| | ___ Nausea/vomiting/diarrhea | ___ Fainting |
| | ___ Pain in abdomen | |
| <i>Ears/Nose/Throat/Mouth</i> | <i>Genitourinary</i> | <i>Psychiatric</i> |
| ___ Difficulty hearing/ringing in ears | ___ Painful/bloody urination | ___ Anxiety/stress |
| ___ Hay fever/allergies/congestion | ___ Leaking urine | ___ Sleep problem |
| ___ Trouble swallowing | ___ Nighttime urination | |
| | ___ Discharge: penis or vagina | <i>Blood/Lymphatic</i> |
| <i>Cardiovascular</i> | ___ Unusual vaginal bleeding | ___ Unexplained lumps |
| ___ Chest pains/discomfort | ___ Concern with sexual functions | ___ Easy bruising/bleeding |
| ___ Palpitations | | |
| ___ Short of breath with exertion | | <i>Endo</i> |
| | | ___ Cold/heat intolerance |
| <i>Breast</i> | <i>Musculoskeletal</i> | ___ Increase thirst/appetite |
| ___ Breast lump | ___ Muscle/joint pain | |
| ___ Nipple discharge | ___ Recent back pain | |

In the past month, have you had little interest or pleasure in doing things, or felt down, depressed or hopeless? o Yes o No

MEDICATIONS: Prescription and non-prescription medicines, vitamins, home remedies, birth control pills, herbs, etc.

Medication	Dose (e.g., mg/pill)	How many times per day

Allergies or reactions to medications: _____

Date of your most recent IMMUNIZATIONS:

Hepatitis A ___ Hepatitis B ___ Influenza (flu shot) ___ MMR ___ Pneumovax (pneumonia) ___
 Meningitis ___ Tetanus (Td) ___ Varicella (chicken pox) shot or Illness ___ Tdap (tetanus & pertussis) ___

HEALTH MAINTENANCE SCREENING TESTS:

Lipid (cholesterol) _____ Date _____ Abnormal? Yes No
 Sigmoidoscopy ___ or Colonoscopy ___ Date _____ Abnormal? Yes No
 Women: Mammogram ___ Date _____ Abnormal? Yes No Pap Smear ___ Date _____ Abnormal? Yes No
 Dexascan (osteoporosis) ___ Date _____ Abnormal? Yes No
 Men: PSA (prostate) _____ Date _____ Abnormal? Yes No



Emergency Information Form for Young Adults With Special Needs

Last Name

Date form completed	Revised	Initials
By Whom	Revised	Initials

Name:		Birth date:	Nickname:
Home Address:		Home/Work Phone:	
Parent/Guardian:	Emergency Contact Names & Relationship:		
Signature/Consent*:			
Primary Language:	Phone Number(s):		
Physicians:			
Primary care physician:		Emergency Phone:	
		Fax:	
Current Specialty physician: Specialty:		Emergency Phone:	
		Fax:	
Current Specialty physician: Specialty:		Emergency Phone:	
		Fax:	
Anticipated Primary ED:		Pharmacy:	
Anticipated Tertiary Care Center			

Diagnoses/Past Procedures/Physical Exam:	
1 .	Baseline physical findings:
2.	
3.	Baseline vital signs:
4.	
Synopsis:	Baseline neurological status:

*Consent for release of this form to health care providers

Diagnoses/Past Procedures/Physical Exam continued:	
Medications: <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 	Significant baseline ancillary findings (lab, x-ray, ECG): _____ _____ _____ _____ Protheses/Appliances/Advanced Technology Devices: _____ _____

Management Data:	
Allergies: Medications/Foods to be avoided	and why:
1. _____	_____
2. _____	_____
3. _____	_____
Procedures to be avoided	and why:
1. _____	_____
2. _____	_____
3. _____	_____

Immunizations										
Dates						Dates				
DPT						Hep B				
OPV						Varicella				
MMR						TB status				
HIB						Other				

Antibiotic prophylaxis: _____ Indication: _____ Medication and dose: _____

Common Presenting Problems/Findings With Specific Suggested Managements		
Problem	Suggested Diagnostic Studies	Treatment Considerations

Comments on child, family, or other specific medical issues:	
Physician/Provider Signature: _____	Print Name: _____

The logo features the text "talent knows no limits" in a white, sans-serif font. To the left of the text is a graphic of four overlapping white squares of varying sizes, arranged in a grid-like pattern. The text is stacked vertically: "talent" on the top line, "knows" on the second line, "no" on the third line, and "limits" on the fourth line. A horizontal line is positioned below the word "limits".

talent knows no limits

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