

What does “*taking charge of your health*” mean to you?



Prepare now for good health in the future.

When preparing for life after high school, be aware of your unique healthcare needs and the skills that they require for you to be more independent at home, in school and in the workplace. Planning now can make a big difference in your everyday wellbeing in the future. Good health should be part of your *vision* for the future.

Consider these issues:

Can you:

- ◆ Use a thermometer?
- ◆ Understand basic “over the counter” medicines to determine what you can and cannot take.
- ◆ Take responsibility for your medications, refill a prescription?
- ◆ Perform basic first aid?
- ◆ Understand vital statistics, height, weight, birthplace, allergies etc. and have info available in an emergency?
- ◆ Access and understand your medical records?
- ◆ Schedule medical appointments and transport yourself?
- ◆ Talk with a healthcare professional about yourself?
- ◆ Share info about your disability and/or special health care need if you need to?

These are some basic health procedures. Developing responsibility for the management of your healthcare can be individualized as your skills and interests emerge in adolescence in preparation for increased levels of independence in adulthood.

