

## Developing Healthy Habits and Skills

Teens and young adults need to maximize their health habits in areas such as:

- Learning how to get prescriptions filled and how to take medications as prescribed by their doctor.
- Learning how to make appointments with their doctor and how to get to the doctor's office on time.
- Getting and keeping health insurance.
- Keeping health equipment (wheelchair, catheters etc.) in good working order.
- Learn how to make healthy snacks and meals.
- Finding a regular exercise routine that is enjoyable.

## Guardianship

- Parents: If your teen will not be able to make decisions about health care by themselves, you may need to consider going to court to obtain guardianship once your teen turns 18 years of age.
- More information about guardianship is available from the Arc of Oregon ph. 1-503-241-2755 or [www.arcoregon.org/gapsbooklet2](http://www.arcoregon.org/gapsbooklet2).

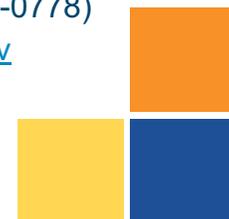
## Medical Care

Locating adult health providers:

- Many pediatric doctors and therapists (health providers) only see patients up to their 18th or 21st birthday.
- By the time your teen reaches the age of 15 it is time to begin talking to their health providers about when and where to start looking for adult providers.
- 15 years of age is also a good time to begin creating a "Portable Medical Summary" that lists all of your teen's medical conditions, allergies, medication and equipment needs, health history and location of available records.
- A sample of a Portable Medical Summary can be found at [www.medicalhomeinfo.org/tools](http://www.medicalhomeinfo.org/tools). Once filled out, make enough copies for your teen's new providers.
- It is wise for your teen to schedule a visit with the new adult health provider before an urgent health need exists.

## Paying for Medical Care

- If your teen is covered by parent's health insurance it may be possible for the insurance to continue into adulthood if arrangements are made with the parent's employer.
- If your teen is planning to get a job, it will be important to find out if the job offers health insurance. If insurance is offered, find out if desired adult health providers and hospitals are covered by the insurance.
- Some 18 year olds (and older) with disabilities are eligible for SSI (Supplemental Security Income from Social Security) even if they weren't financially eligible when they were younger. Once determined eligible for SSI, your teen is also eligible to receive state Medicaid health insurance (although this often requires a separate application process). There are also new work incentive programs within SSI that make it possible to work at a job and still receive SSI and Medicaid. For more information call 1-800-772-1213 (TTY 1-800-325-0778) or check [www.ssa.gov](http://www.ssa.gov)



## School Issues

- Students who receive special education services (and are on an Individual Education Plan - IEP) are often able to remain in school until they turn 21 if they do not receive a regular diploma.
- Plans for transition need to be written into your teen's IEP each year beginning no later than age 16, but earlier planning is advisable. A good model for transition planning is the Person Centered Planning model available at [www.ilr.cornell.edu/ped/tsal/pcp/](http://www.ilr.cornell.edu/ped/tsal/pcp/).
- The Oregon Parent Training and Information Center in Salem is a resource for families to learn about special education rights, preparing for transition, etc. They can be reached at 1-800-0505-2673 or [www.orpti.org](http://www.orpti.org).
- The George Washington University Health Resource Center has excellent information about financial aid for students with special needs: [www.heath.gwu.edu](http://www.heath.gwu.edu).

## Other Helpful Resources:

- Oregon Vocational Rehabilitation Services [www.oregon.gov/DHS/vr/index.shtml](http://www.oregon.gov/DHS/vr/index.shtml)
- Oregon Developmental Disabilities [www.oregon.gov/DHS/dd/index.shtml](http://www.oregon.gov/DHS/dd/index.shtml)
- Oregon Mental Health Division [www.oregon.gov/DHS/mentalhealth/index.shtml](http://www.oregon.gov/DHS/mentalhealth/index.shtml)
- Oregon Center for Children and Youth with Special Health Needs [www.ohsu.edu/outreach/cdrc/oscsn/index.html](http://www.ohsu.edu/outreach/cdrc/oscsn/index.html)  
ph. 1-877-307-7070
- Oregon Department of Education – Transition Toolbox [www.ode.state.or.us/gradelevel/hs/transition/transtoolboxnews.aspx](http://www.ode.state.or.us/gradelevel/hs/transition/transtoolboxnews.aspx)
- Oregon Parent Training and Information Center [www.orpti.org](http://www.orpti.org)  
ph. 1-888-891-6784

If you aren't able to get onto the internet at home or at school, try your closest library.

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## Attention Parents of Teenagers with Special Health Needs



**It's never too early to  
think about planning for  
adulthood!**

