

Different Types of Health Services

Key Facts

The health system and its services can feel complicated and overwhelming at times. In order to fulfill the health care needs of a person with intellectual and developmental disabilities (I/DD), several areas of health care expertise may be required.



Who Provides Health Care?

Usually, the primary care provider (PCP) is the starting point for health care. If the needs require additional expertise, the PCP may refer the person to specialists such as psychiatrists, cardiologists, and neurologists or allied health care providers like physical therapists and speech pathologists.

Allied Health Services

Allied Health Services and Professionals are involved with the delivery of health or related services pertaining to the identification, evaluation, and prevention of diseases and disorders. Allied Health Services include physical therapists, psychologists, and social workers, as well as:

- **Dietitians** advise about diet including healthy food choices. This is important if the person has diabetes.
- **Occupational Therapists** help with adaptive devices and technology assistance to support the patient's needs.
- **Optometrists** check vision and provide glasses if necessary. Eye examinations by optometrists may be covered by Medicaid.
- **Gynecologists** specialize in women's health and their reproductive system.
- **Speech Pathologists** help with communication and swallowing problems.
- **Podiatrists** treat foot and toenail problems, and can recommend appropriate footwear.
- **Audiologists** test hearing and provide hearing aids if necessary.
- **Mental Health Professionals** help diagnose, treat, and provide support services for people experiencing a mental health concern or disorder.

Other Health Services

Alternative treatment providers include **osteopaths**, **naturopaths**, and **chiropractors**. When using these treatments, inform the PCP to make sure no conflicting treatments occur.

Drug and Alcohol Services provide help and treatment for harmful use of drugs and/or alcohol.

Native American Health Services help members of Native American and Alaskan tribes gain access to medical health services.

Multicultural Health Services help people from non-English speaking backgrounds.

Pharmacies are where prescribed medications can be obtained. It is a good idea to have a regular pharmacist. They can recommend basic treatment for common illnesses and package prescription medications in blister packs to make sure the correct daily medication dose is given.

Dental Services provide oral health care. Most dentists work privately, but some work with local Medicaid services such as Coordinated Care Organizations (CCOs) in Oregon. Either may be covered under your insurance plan.

What Will It Cost?

Support the person to check on their insurance coverage. Depending on their insurance package, there may be a co-pay or their insurance may only cover a certain portion of their medical services.

Chronic Disease Services

A disease is chronic if it is long term and leads to progressive deterioration in health. Such diseases include chronic heart and respiratory diseases and diabetes. The Oregon Department of Human Services provides some chronic disease programs and resources:

- **Living Well with Chronic Conditions:** Is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, depression, asthma, and heart disease.
- **Resource Information:** Learn what preventive services are covered by Medicaid.

For more information:

Contact your Coordinated Care Organization. You can find a list of the CCO's in your county at: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le8116.pdf>

For chronic disease services information, visit:

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/CHRONICDISEASE/Pages/Program-Information.aspx>

For information about your health insurance plan, you can call Oregon Health Plan (OHP) time. Contact Client Services at 1-800-273-0557 or Customer Service at 1-800-699-9075.

You might be interested in these fact sheets:

- Signs of Illness
- Helping the Doctor Understand the Person
- Dental Care
- Mental Health

This fact sheet was created in June 2021.

The fact sheet contains general information only and does not take into account individual circumstances. It should not be relied on for medical advice. We encourage you to review the information in this fact sheet within the context of educational purposes and when appropriate, share it with your health professional to decide whether the information is right for you.

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Emergency Services

Emergency Services include emergency treatment and taking injured people to a nearby hospital. Call **9-1-1** and ask the operator for an ambulance. If you are not sure how serious the situation is, it is OK to call anyway.

