



Take Charge of Your Health Care!

Be your own health care advocate

- ❖ Learn about your condition or disability.
- ❖ Know the warning signs that mean you need emergency help.
- ❖ Know who to call in case of emergency. Carry that information with you.
- ❖ Learn how to make your own appointments.
- ❖ Write down any questions you may have before you go to the doctor's office.
- ❖ Speak up and ask your doctor or nurse questions. If you don't understand the answer, ask again.
- ❖ Talk to your doctor about difficult topics such as relationships, drugs, and birth control.
- ❖ Tell your doctor if you are feeling down. Your doctor can suggest people to talk to.
- ❖ Ask your doctor to explain all tests and their results.
- ❖ Ask for copies of medical tests or reports.
- ❖ Carry your insurance card and other health care information that you think is important.

Take charge of your health care information

- ❖ Be sure you understand the medications that you are taking. What are their names and when do you take them?
- ❖ Know how to call your pharmacy and how to fill your prescriptions.
- ❖ Make sure you know your insurance and how to get a referral.
- ❖ Keep a list of addresses and telephone numbers of all your doctors and nurses.
- ❖ Keep a notebook of your doctor reports, medications, operations, and results of medical tests.
- ❖ Ask your doctor for a short written summary of your health condition.
- ❖ Know how to order and take care of any special equipment you use.

Plan for transfer to an adult doctor

- ❖ Talk to your doctor about how and when you should start seeing an adult doctor.
- ❖ Discuss with your doctor resources that may be helpful to you.
- ❖ Meet and talk with the new adult care doctor before you switch.