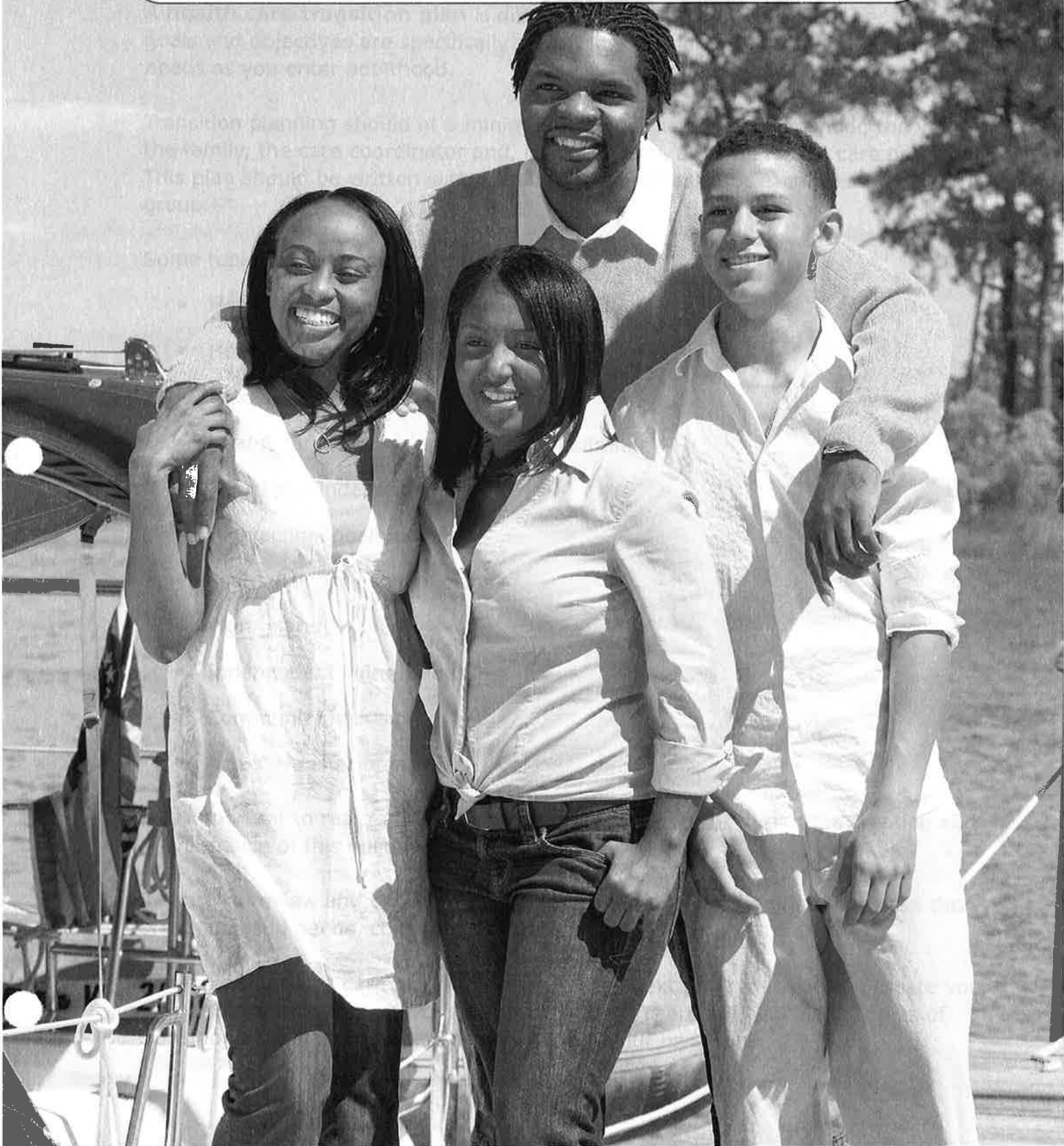


# Chapter 4

## Health Care Transition Planning



## How to manage your health care

The most important part of understanding the transition process is to master the ability to manage your own healthcare through:

- Appointments with health care providers (who to see and when)
- Medication management (what, why, when and how)
- Record keeping and documentation
- Medical decision making (especially if you are now 18 years old)
- Knowledge of YOUR health condition
- Knowledge of insurance options
- How to handle medical emergencies

The worksheets included in the back are designed to help you plan for the transition process, as well as guide you through the steps listed above.

### **Record keeping**

While working with your health care provider or pediatrician, it is important to keep records of your visits and conditions that are being treated. By keeping a record of your important medical treatments, you can provide your health care provider with enough information to help them facilitate your transition to the adult health care provider at the appropriate time. It will support your success in the health care system as an adult.

#### ***Here are two ways to keep medical documentation and health records:***

- Have a complete, current record of health care coordination (care notebook)
- Use a portable medical summary

## Care Notebook

- Contains information about all doctors and specialists that provided health and medical care
- Includes medical history, disability information, past records (keep at home)
- Should be complete and current
- Keep multiple copies (in case something happens to the original copy)

## Portable Medical Summary

One of the most important documents to help you plan the transition process is the **portable medical summary**. The portable medical summary is a worksheet that you can keep with you and provides an overview of your medical condition – similar to a short medical biography.

It includes:

- Current and important medical information you want others to know (physician appointments)
- One-page medical summary to carry with you, in case of emergency

A sample of a completed **portable medical summary** is shown on the next page and a blank one for you to complete is included in the **Toolkit**. An electronic version can also be downloaded at [www.hrtw.org](http://www.hrtw.org) so you can change it to fit your needs.

Take this opportunity to work together with your parent on each of the methods of record-keeping. This will improve your knowledge about your history and condition, and will also prepare you to become responsible for your own health information.

Once you choose a portable medical summary form that works for you, take it to your doctor so he or she can help you fill it out.

**Then be sure to keep it with you at all times!**

**More resources to help you find out information that should be included in your health records:**

- Information you and your family already have at home
- Internet based health resource websites
- Peer support (friends or support groups)
- School-based health center or school nurse
- Local support agencies

# Portable Medical Summary – Sample

**LEGAL NAME**  
Address, City, State, Zip  
Phone, cell, email

<b>INSURANCE</b>	Company Name	Certificate # ADD	BC Plan ADD / BS Plan ADD Rx BIN ADD		
		Group # ADD	ADD PH /	800-XXX-XXXX	
<b>Legal Health POA *</b>	ADD Name	Relationship	Cell ADD	Work ADD	Work ADD
	ADD Name	Relationship	Cell ADD	Work ADD	Work ADD
	ADD Name	Relationship	Cell ADD	Work ADD	Work ADD

DOB xx-xx-19xx      HEIGHT/WEIGHT: x'x", xxx lbs      ADVANCE  
 DIRECTIVES: YES NO      DNR: YES NO  
 SS# xxx-xx-xxxx      BLOOD TYPE:      X positive/negative      ORGAN DONOR:  
 YES NO

ADD comment about pain threshold  
 ADD comment regarding patient preference  
 ADD comment regarding patient preference.

**ALLERGY: ADD**

HEALTH ISSUES			
ADD Body system	ICD-9 XXX	ADD Name of Health Issue	age on onset
ADD Body system	ICD-9 XXX	ADD Name of Health Issue	age on onset
MEDICATIONS			
Rx	What for?	Name of Drug Dosage	x ? how many times a day, ADD RX #
OTC		List any over the counter Drug –indicate daily or PRN	

MEDICAL HISTORY					
Add Body System	ICD9 - XXX	Diagnosis?	age on onset	age next episode	age next episode
	ICD9 - XXX	Diagnosis?	age on onset	age next episode	age on onset
	ICD9 - XXX	Diagnosis?	age on onset	age next episode	age on onset

MEDICAL HISTORY					
SURGERIES					
	ICD9 - XXX	What treatment? Note if benign or cancer	age on onset	age next episode	age on onset
	ICD9 - XXX	What treatment? Note if benign or cancer	age on onset		
Add Body System	ICD9 - XXX	Diagnosis?	age on onset	age next episode	
OTHER		Diagnosis?	age on onset	age next episode	
			age on onset	age next episode	

MEDICAL TESTS			
Blood	Month/Year	Fasting	Cholesterol XXX, HDL XX, LDL XX, Trig XXX, CRP XX, glucose XX
	Month/Year	Negative	- Name of Company, Address
	Month/Year	Normal	- Name of Company, Address

IMMUNIZATIONS					
Tetanus	YR	TB	YR	Pneumococcal vaccine	YR

FAMILY HISTORY		
Father	Alive/Deceased Age?	Health Issues, Cause of Death
Mother	Alive/Deceased Age?	Health Issues, Cause of Death
Child	Alive/Deceased Age?	Health Issues, Cause of Death

PHYSICIANS			
FAMILY PRACTICE	Name	Phone	Address
	Name	Name	Phone Address

OTHER			
Dental	Name	Phone	Address
Rx - Pharmacy	Name	Phone	Address

## What do health and transition have to do with it? EVERYTHING!!

### **Successful health care transition can lead to:**

- Better overall health
- More productive life
- Self-sufficiency and independence
- Prevention of secondary conditions
- A smooth transfer to an adult primary care provider

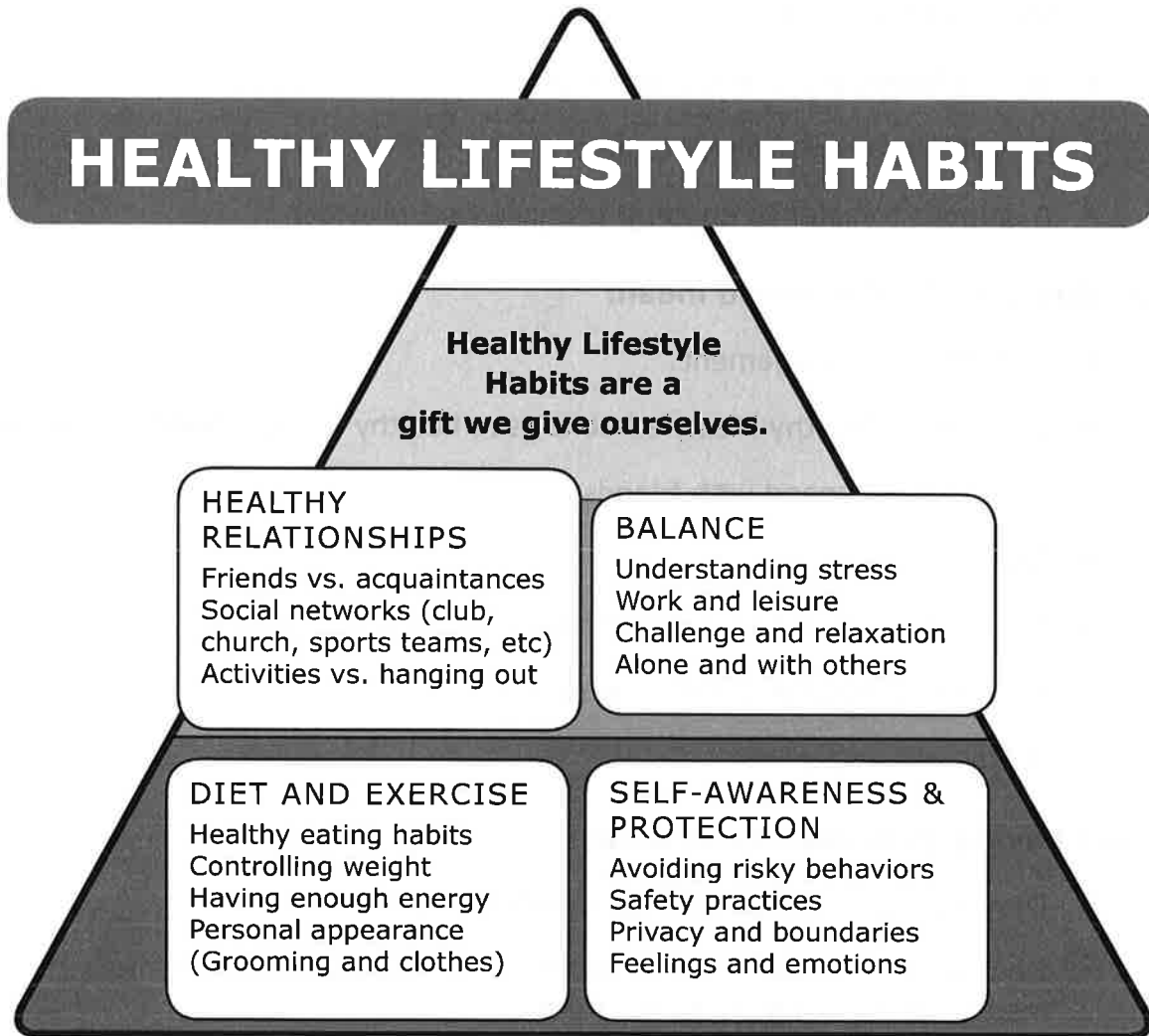
### **Having good health would mean:**

- Better time management
- Developing healthy lifestyle habits (see healthy lifestyle habits pyramid)
- More time to spend with friends
- Fewer trips to doctor
- Fewer money/insurance problems
- Ability to choose your own doctor
- Better self-awareness

### **NOT having good health can mean:**

- Development of secondary conditions/complications
- Dealing with sudden medical problems and spending more time with doctors instead of enjoying life to the fullest
- Missed school/job opportunities
- No time for friends/loss of friendships, supports, and resources
- More money/insurance problems

The key to developing better lifestyle habits





## General Screenings and Immunizations for Women

HEALTH CATEGORY	SCREENING TESTS	AGES 18-39
General	Complete checkup	Discuss with doctor or nurse
	Thyroid test	Start at 35, then every 5 yrs
Heart	<b>Blood pressure</b> test	At least every 2 years
Heart	<b>Cholesterol</b> test	Start at age 20, <b>TBD</b>
<b>Diabetes</b>	<b>Blood glucose/blood sugar</b> test	Discuss with doctor or nurse
Reproductive	Pap test and pelvic exam	Every 1-3 years if you have been sexually active or older than 21
Reproductive	<b>Chlamydia</b> test	Yearly until age 25 if sexually active. Older than age 25, get this if you have new or multiple partners. All pregnant women should have this test
Reproductive	<b>STDs</b>	Before initiating <b>sexual intercourse</b>
	Mental Health Screening	Discuss with doctor or nurse
Eye and Ear	Eye exam	Visual problems: 1 (20-29); 2 exams (30-39)
Eye and Ear	Hearing test	Starting at age 18, then every 10 years
Oral	Dental exam	1 or 2 times a year
<b>Immunizations*</b>	Influenza vaccine	TBD
Immunizations	Tetanus-Diphtheria booster vaccine	Every 10 years
Immunizations	Human Papillomavirus vaccine (HPV)	TBD
Immunizations	Meningococcal vaccine	TBD if college
Skin	Mole exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20

\* Some immunizations may be covered by your insurance up to a certain age

## General Screenings and Immunizations for Men

HEALTH CATEGORY	SCREENING TESTS	AGES 18-39
General	Complete checkup	Discuss with doctor or nurse
Heart	Blood pressure test	At least every 2 years
Heart	Cholesterol test	Start at age 20, TBD
Diabetes	Blood sugar test	Discuss with doctor or nurse
Reproductive	Testicular exam	Monthly self-exam; and part of a complete checkup
Reproductive	Chlamydia test	TBD
Reproductive	STDs	Before initiating sexual intercourse
	Mental Health Screening	Discuss with doctor or nurse
Colorectal	<b>Rectal exam</b>	TBD
Eye and Ear	Eye exam	Visual problems: 1 exam (20-29); 2 exams (30-39)
Eye and Ear	Hearing test	Starting at age 18, then every 10 years
Oral	Dental exam	1 or 2 times a year
Immunizations	Influenza vaccine	TBD
Immunizations	Tetanus-Diphtheria booster vaccine	Every 10 years



## Case Study

Marcel is a 19-year-old man who has recently begun to transition from pediatric to adult healthcare. Marcel communicates through sign language, but his doctor does not. Marcel understands that communication is important;

therefore, he has been focusing on completing his portable medical summary. The portable medical summary should have the information that the doctor will need, including any medications that Marcel is currently taking, health issues, personal and family medical history and immunizations. Marcel has bridged the communication gap with his doctor by having all of this information written down. Marcel also writes down his symptoms in detail on the "Illness visit" sheet so his doctor will understand exactly how he is feeling.

Marcel believes that his goal of transitioning can be achieved by using the resources available in the CHAT manual.



Marcel



Sam

Sam is a 26-year-old woman who lives alone in an apartment. Sam makes most of her healthcare decisions independently, but sometimes needs assistance to remember how

to schedule an appointment or refill her prescriptions. Sam and her family feel that it is important for her to have resources available that will remind her how to do these things. Within the Transition Toolkit Sam finds worksheets that may assist her when she is scheduling a doctor appointment or calling the pharmacy to get her medicine refilled.

#### **Additional Tips for Transition Planning:**

- Have a plan for review and revision of the original document.
- Decide if the plan should be reviewed annually or only if there is a change in your condition.
- Periodically check in with the provider to evaluate progress.
- Make sure everyone is on task.
- Determine if there have been any unexpected outcomes or changes.
- Be sure to include everyone should there be any revisions.



Chapter 5  
**Health Care Coverage  
and Transition**





## Health Care Coverage for Adults with Disabilities

In many states, the eligibility requirements for health insurance change as soon as you become 18 years old. As a result many young adults are unable to maintain adequate health care coverage. In fact, lack of adequate insurance is the main reason young adults with disabilities are not able to manage their own health needs.

Each state has different rules and regulations that determine age limits, parental continuation of coverage, dependency, and eligibility requirements. It is important to check the laws that govern these policies and determine which options that may be possible for you, based on your health condition and medical needs.

### **Best advice: Start early and plan ahead!**

**Ask your parents to help you so you can make good decisions.  
You should do this before you turn age 18.**

- Some insurance policies allow young adults to continue coverage, if you are a full-time student. Some insurance policies have other rules.
- Some policies will allow some continued coverage up to age 21 or 25.
- Some will allow continued coverage forever for young adults if they are disabled (according to the Social Security Administration's definition) and if the parent continues to provide 50% or more of their financial support (money).

This must be considered carefully if you plan to apply for Supplemental Security Income (SSI). Some rules of SSI payments are based on whether the young adult is no longer being claimed as a dependent by the parents. Others will allow the parents to continue to support their child at a higher payment level.

## Insurance Options and Terms

### **COBRA**

A young adult who no longer qualifies for continued coverage under their parent's insurance plan can continue to get coverage for a period of time under a current insurance plan by paying the individual premiums.

This is known as **COBRA** coverage—**an insurance plan that covers you in between two long-term insurance plans. A young adult can be covered under COBRA for up to 36 months after leaving the parent's health insurance plan.**

COBRA must be put in place at the time coverage is scheduled to end and can be quite costly, but it may prevent the 63-day lapse in coverage that might disqualify future insurance coverage due to a **"pre-existing condition"**.

Even though the monthly COBRA premiums may cost a lot of money, it may be a good short-term solution. If the health and dental plans are separate, each should be considered (thought about) based on its own cost and possible value.

### **High Risk Insurance Pool**

If you are unable to receive health insurance through a private provider because of your medical conditions, there is another way to obtain some health coverage in NC. The high risk insurance pool is offered as a way to provide insurance for medical purposes, particularly when no other insurance is available. Some of the ways you can be eligible for this insurance coverage are if:

- You are a North Carolina resident and legal resident of the United States;
- Do not have access to health care coverage under an employee plan or as a dependent of an employee
- Don't qualify for Medicaid, Medicare or SCHIP
- Have a diagnosed condition (see list of pre-existing conditions)

The benefits include but are not limited to: well and illness visits, medicines, vision and hearing care, dental care, medical equipment and supplies, lab tests, counseling, immunizations, hospital care, therapies, and surgery.

For additional information, please contact **[www.inclusivehealth.org](http://www.inclusivehealth.org)**.



## Legal issues related to health care coverage

### Medical Power of Attorney

A Medical Power of Attorney is a document, signed by a competent adult; designating a person that she/he trusts to make health care decisions on their behalf should they become unable to make such decisions. We have provided a sample document in the Appendix for your review. Check the following websites for more information: [www.legalhelpmate.com/power-of-attorney.aspx](http://www.legalhelpmate.com/power-of-attorney.aspx); [www.expertlaw.com/library/estate\\_planning/power\\_of\\_attorney.html](http://www.expertlaw.com/library/estate_planning/power_of_attorney.html).

### Health Insurance Portability and Accountability Act (HIPAA)

HIPAA is a federal law that covers the privacy of your medical information. It also covers issues such as the transfer and continuation of health insurance coverage. We have included a fact sheet in the Appendix for your review. For more information check the US Department of Health and Human Services website at [www.hhs.gov/ocr/hipaa](http://www.hhs.gov/ocr/hipaa).





Chapter 6  
**Cultural Competence  
and Transition**





## Cultural Competence

Cultural beliefs about health and wellness can vary according to one's ethnicity, and these beliefs can influence your interaction with the health care system.

As a young adult, it is important to inform your health care provider if there are any customs that you and your family observe that could affect medical decisions and treatments. The physician should be willing to provide support and encouragement for you to express your beliefs about health and wellness, as well as work with you to assure access to needed services.

When selecting an adult health care provider, you may want to find out if the physician has experience addressing the health needs of patients from different cultures. As a starting point, youth can ask the following questions:

- How are cultural differences valued and recognized by the health provider and their staff?
- Does the health care provider have interpreter services or materials in different languages for individuals who speak little or no English?
- Does the health care provider have policies and procedures for how to serve people with communication difficulties (e.g. hearing loss and/or literacy issues)

**Cultural competence is related to the ability of professionals to work cross-culturally. It can contribute to better health by improving communication and building trust.**



## Health Literacy

“Health literacy is the ability to obtain, process, and understand basic health information and services needed to make appropriate health decisions and follow instructions for treatment. Culture contributes to health literacy because it affects the way people understand and communicate health information.

Young adults, particularly those with disabilities and complex chronic conditions, need health literacy skills in order to be able to manage their own health condition.

**Being able to ask questions is necessary to having healthy behaviors and is the key to informed decision making.**

**Your health and access to care depends largely on whether you can understand and remember the health information you receive.**

Health literacy skills have little to do with your education, income, race, or age. People of all ages and educational levels often find it difficult to understand health or medical information. Medical professionals can sometimes have a “medical language” that can be confusing to the average person.

- Do not be afraid to ask questions if the medical provider says something that you do not understand
- Practice these skills by asking questions and speaking up for yourself



## Dealing with the communication gap

### Tips for Clear Ways to Talk to Your Doctor

- I will ask 3 questions concerning my health.
- If I want to I will take a friend or family member to help me at my doctor's visit.
- I will take a list of all my medications when I visit the doctor.
- I will ask the pharmacist for help when I have questions about my medicines.

### Good Questions to ask the Doctor

- What is my main problem?
- What do I need to do?
- What kind of support is there to help me?
- Why is it important for me to do this?
- How much will this cost?

**[www.Askme3.org](http://www.Askme3.org)**



## Disability Etiquette: What youth really want doctors to know

### Top Ten List from North Carolina Youth<sup>8</sup>

(In Accordance with David Letterman's Top Ten List)

**1**

Focus on the problem at hand rather than focusing on personal questions.

**2**

Compare and contrast alternative treatments and therapies for both emotional and medical issues.

**3**

Explore and offer low or no cost alternatives.

**4**

Offer options when possible.

**5**

Clear and concise answers to all questions.

**6**

One-stop shop (*medical home approach*).

**7**

Ask the youth, not the parent or companion.

**8**

Ask, rather than tell, the youth.

**9**

Be willing to be open to discussion.

**10**

Don't underestimate the patient across the disability community.



Chapter 7  
**Advocacy, Support  
and Mentoring**





## Advocacy Skills for Youth and Young Adults

### **What is Self-Advocacy?**

- Speaking up for yourself
- Asking for what you need
- Negotiating (working with others to reach an agreement that will meet your needs)
- Knowing your rights and responsibilities
- Finding and using resources available to you
  - Advocacy starts with knowledge: knowledge of medical history (diagnosis), medical needs, patient rights, and personal desires.
  - One of the best ways to get the skills necessary for transitioning is practice, practice, practice!
  - Watch for opportunities to talk about advocacy and speaking up for what YOU need.

Practice your advocacy skills and become involved in decisions about your own health care. Some examples of ways to become involved your own health care includes:

- Write letters (drafting what needs to be said or asked)
- Schedule your own medical appointments
- Arrange for your own transportation needs
- Request medication refills from your provider
- Create a list of questions before a medical appointment
- Request accommodations from the doctor when you schedule your medical appointments

## Advocacy Skills 101

- Know yourself (self-awareness)
- Getting to know yourself better so you can enjoy a healthy well-rounded adult life.
- Self awareness is building blocks of a healthy life.
- Find out what you want from life or a piece of your life
- Setting a goal
- Problem solving
- Effectively communicate your needs
- Find resources if you need them

### **On being a self-advocate...**

It may be difficult at first, but stick with it and you will succeed.

◆◆ *If you reach for the moon you may land among the stars.* ◆◆

**The stars represent your support team**

**Remember...don't rely on a friend or family member to ask questions for you on a doctor's visit.**

**Their role is to support you as a backup.**

**Be your own advocate!**

## Finding Support through the Health Care Transition Process

One of the best ways to find support as you begin the process of health care transition is to reach out to other youth who have already experienced this process. There are agencies in North Carolina that can link you with youth with similar backgrounds (same diagnosis, etc.) to share your experiences and provide support for each other.

### Support agencies include:

- Alliance of Disability Advocates – Center for Independent Living
- Center for Development and Learning

### Additional Support resources

- Other support comes from knowing who you can contact in case there is an emergency.

### In Case of Emergency (ICE) Cell Phone Contact List

ICE is a sticker you can put on your cell phone to let people know you have an emergency contact listed in your phone.

You can order ICE stickers to put on your cell phone at [www.icesticker.com](http://www.icesticker.com). The website can also provide directions on how to put your emergency contact in your phone.



## Leadership: Providing Support for Other Youth

Once you are well into the transition process, you may consider offering your valuable experience to other youth who are just starting out. By mentoring other youth, you will have the opportunity to share your knowledge, provide support, and help another teenager much like you.

- Remember while you are building supports for yourself to also seek out other support networks specific to your disability or chronic condition.
- Included are some useful websites for this purpose in the **Resources** section of the toolkit.

Our thanks to everyone for assisting or participating in the development of the North Carolina youth curriculum for health care transition.

You gathered around the state to formulate this curriculum. We hope you feel more comfortable and have a better understanding of the issues that we've discussed together.





## Closing Remarks

Our thanks to everyone for assisting or participating in the development of the North Carolina youth curriculum for health care transition.

You gathered around the state to formulate this curriculum. We hope you feel more comfortable and have a better understanding of the issues that we've discussed together.





## References

- 1 McPherson, M., et al. (1998). A New Definition of Children with Special Health Care Needs. *Pediatrics*. 102(1);137-139. [www.pediatrics.org/search.dtl](http://www.pediatrics.org/search.dtl)]
- 2 CHOICES Survey, 1997; NOD/Harris Poll, 2000; KY TEACH, 2002
- 3 [www.hrtw.org/hrtwu/ppts/2007HRTW-FL-SESSION-C14-TRANSITION-HACKETT.ppt#19](http://www.hrtw.org/hrtwu/ppts/2007HRTW-FL-SESSION-C14-TRANSITION-HACKETT.ppt#19)
- 4 Adapted from: [www.youngwomanshealth.org/transitions](http://www.youngwomanshealth.org/transitions) Children's Hospital, Boston
- 5 The Medical Home. *Pediatrics*.2002;110: 184-186
- 6 *Pediatrics* 2005;116: 1238-1244; Care Coordination in the Medical Home: Integrating Health and Related Systems of Care for Children With Special Health Care Needs.
- 7 *Pediatrics* 2005;116: 1238-1244; Care Coordination in the Medical Home: Integrating Health and Related Systems of Care for Children With Special Health Care Needs.
- 8 Compiled by Carolina Health and Transition (CHAT) Project, Youth Project, compiled by Caroline Ambrose, Alliance of Disability Advocates ~ Center for Independent Living, Raleigh, NC



## Resources

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Healthy and Ready to Work

[www.hrtw.org](http://www.hrtw.org)

NC Assistive Technology Program

[www.ncatp.org](http://www.ncatp.org)

Youth Rights and Responsibilities – A Handbook for North Carolina’s Youth

[www.doa.state.nc.us](http://www.doa.state.nc.us)

Medical Dictionary Definition of Popular Terms Easily

[www.medicinenet.com](http://www.medicinenet.com)

Teen Health

[www.kidshealth.org/teen](http://www.kidshealth.org/teen)

Discovery Health

<http://health.discovery.com>

PBS Science and Health

[www.pbs.org/science/science\\_health.html](http://www.pbs.org/science/science_health.html)

Better information Better Health

[www.webmd.com](http://www.webmd.com)

NC Division of Social Services

[www.ncdhhs.gov/dss/local](http://www.ncdhhs.gov/dss/local)

NC Doctors

[www.ucomparehealthcare.com/drs/north\\_carolina](http://www.ucomparehealthcare.com/drs/north_carolina)

NC Transit Links

[www.apta.com/links/state\\_local/nc.cfm](http://www.apta.com/links/state_local/nc.cfm)

Alliance of Disability Advocates serves the following counties:

Durham, Franklin, Johnston, Orange, and Wake (youth initiative)

[www.alliancecil.org](http://www.alliancecil.org)

Disability Rights and Resources serves the following counties:

Cabarrus, Gaston, Mecklenburg, and Union

[www.disability-rights.org](http://www.disability-rights.org)

Joy A Shabazz Center for Independent Living serves the following counties:

Alamance, Caswell, Guilford, Randolph, and Rockingham

[www.shabazzcenter.org](http://www.shabazzcenter.org)

Pathways for the Future serves the following counties:  
Cherokee, Clay, Graham, Haywood, Jackson, Macon, and Swain  
[www.pathwayscil.org](http://www.pathwayscil.org)

Western Alliance serves the following counties:  
Buncombe, Henderson, Madison, McDowell, Polk, Rutherford, and Transylvania  
[www.westernalliance.org](http://www.westernalliance.org)

The Arc of North Carolina  
[www.arcnc.org](http://www.arcnc.org)

Exceptional Children's Assistance Center (family initiative)  
[www.ecac-parentcenter.org](http://www.ecac-parentcenter.org)

Mountain Area Health Education Center (medical provider initiative)  
[www.mahec.net](http://www.mahec.net)

First in Families of North Carolina  
[www.fifnc.org](http://www.fifnc.org)

North Carolina Division of Public Health  
[www.ncpublichealth.com](http://www.ncpublichealth.com)

North Carolina Office on Disability and Health  
[www.fpg/unc.edu/~ncodh](http://www.fpg/unc.edu/~ncodh)

Low Income Health Insurance  
[www.nchealthystart.org/public/childhealth/index.htm](http://www.nchealthystart.org/public/childhealth/index.htm)

Social Security Administration  
[www.ssa.gov](http://www.ssa.gov)

North Carolina Department of Health and Human Services  
[www.ncdhhs.gov](http://www.ncdhhs.gov)

Self Advocate (Center for Development and Learning)  
[www.self-advocate.com](http://www.self-advocate.com)



**Glossary of Health  
& Medical Terms**



# Glossary of Health & Medical Terms

## **Accommodation**

A requested change to something to make it easier for someone to complete the task more independently.

## **Blood Pressure**

The force of blood against the walls of the arteries

## **Blood sugar/glucose test**

A test that measures the amount of sugar/glucose in the blood

## **Blood work/lab work**

A medical test that usually uses your blood to see if you have any medical problems

## **Cholesterol test**

A blood test that measures the total amount of fatty substances in your blood; Tests are for three different kinds of cholesterol-LDLS, HDLs, and Triglycerides

## **Chlamydia**

One of the most common sexually transmitted diseases (STDs) in the United States; It is easily spread because it often causes no symptoms and may be passed between sexual partners without knowing it

## **Co-Pay (Co-payment)**

The amount for a medical service/medication that a person pays for in addition to what their insurance covers

## **CYSHCN – Children and Youth with Special Health Care Needs**

Persons up to age 21 who have or are at higher risk for, chronic physical, developmental, behavioral, and/or emotional conditions and need more health and related services than most people need

## **Diabetes**

A condition where you have abnormal levels of sugar/glucose in your blood; There are two different kinds of diabetes – Type 1 also called Juvenile (childhood) diabetes and Type 2 which is adult onset

## **Emancipation**

When a minor becomes independent from his or her parents, often by getting married before reaching age 18 or by becoming fully self-supporting; authorizes you to be treated and to act as an adult; Emancipation age in North Carolina is at least 16

**Group Insurance**

An insurance plan that includes more than one person

**Guardian**

A legally selected person who provides assistance on financial and medical decisions

**Hepatitis**

Inflammation of the liver which can cause jaundice (yellowing of the skin), liver growth, and fever

**HDL – High Density Lipoprotein**

Good cholesterol, which helps remove fat from the body

**HIV/AIDS**

A disease of the immune system that makes you more likely to get infections and to get sick. HIV is transmitted (carried to another person) through the blood or blood products that enter the body's bloodstream, such as through sexual contact or infected needles. HIV is the disease that causes AIDS

**ICE – In Case of an Emergency**

These are people that can be contacted in case you have a crisis situation

**Illegal Drugs**

Drugs that are not legal or are not prescribed to you. For example: marijuana, LSD, cocaine, heroin, morphine, or drugs prescribed to someone else

**Illness**

Unhealthy condition; poor health; sickness

**Immunization**

Shots given by a doctor to prevent certain illnesses

**Individualized Support**

Services specific to the strengths, needs and values of each individual

**Living Will**

A document listing medical preferences in the event that a person should become unable to make medical decisions on their own behalf

**LDL – Low Density Lipoprotein**

Bad cholesterol; carries mostly fat and only a small amount of protein from the liver to other parts of the body



**Medical Insurance card**

A card that shows your medical insurance plan, including your insurance company's name, policy number, and date of eligibility; a medical insurance card is needed when you go to the doctor and pick up your prescription at the pharmacy

**OTC**

Over the counter medications (not prescribed by a doctor)

**PCP – Primary Care Provider**

These are doctors who see people for common medical problems. This person may also be a physician assistant, a nurse practitioner, or a specialist. They are often involved in your care for a long time and provide referrals to other doctors that can assist with your health needs

**Pediatricians**

Doctors who care for children from birth to early adulthood

**Power of attorney**

A written document stating that you give permission for another person to make decisions for you, if you are unable to do so

**Rectal exam**

An exam to find problems that can be felt from within the rectum. The medical provider inserts a lubricated, gloved finger into the rectum and feels for anything that is not normal

**Self-determination**

The freedom to live as one chooses, making decisions without asking others

**Sexual Intercourse**

The insertion of the penis into the vagina

**Specialists**

A doctor that works in a special area of medicine; For example: OBGYN, dermatologist

**STD's – Sexual Transmitted Diseases**

These are contagious diseases a person can get during sexual contact

**Support staff**

A paid person(s) who provides individualized services, and generally has the following qualities:

1. are effective, efficient and courteous;
2. are creative and proactive;
3. maintain confidentiality;
4. work together with an individual and with other key members of the support team;
5. listen to needs and help find solutions;
6. respond positively to feedback;
7. provide equity of access;
8. continuously improve service, skills and knowledge

**Test**

Laboratory and screening assessments given by your doctor

**TBD**

To be determined

**Triglycerides**

Type of fat the body uses to store energy

**Ward**

A person that makes money and medical decisions for you

**Wellness**

The fact or condition of being in best physical and mental health; commonly referred to as checkup or a physical

**Will**

A legal declaration of a person's wishes as to the disposition of his or her property and/or estate (land) after death; the will is usually written and signed by the testator and attested by witnesses

**X-rays**

Uses a very small amount of radiation (light) to produce an image of the bones and tissues surrounding a joint