

# Moving to Adulthood

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**Children's**<sup>SM</sup>  
Healthcare of Atlanta

## A Guide for Young Adults with Health Conditions

### Take Charge of Your Health

Becoming an adult can be exciting and scary. There are many new things to learn about and be responsible for. Many questions may be going through your mind, such as:

- What kind of job will I have?
- Should I go to college?
- Where will I live?
- Can I afford a car?

You may also have many questions about taking charge of your health condition as you become an adult.

- How do I find a new doctor who treats adults?
- Where can I get information about school or job training?
- What kind of insurance will I need? How much does it cost?
- How do I set up a budget?

This guide can help you answer those questions. It can also help ease you into the world of adult medical care with success. Your parents had to learn the same kinds of things when they became adults. Ask them to help you as you work through this guide. With their support and help, along with this guide, you will be ready to take charge of your health.

### This guide will cover:

- Emotional changes
- Healthcare
- Lifestyle changes
- School
- Work

Share this guide with your parents and work through it together as you move toward becoming an adult. Please note that for easy reading, this handbook was written using the generic terms “he” or “him.”

### Information just for parents:

This book contains a section at the end just for you. It has advice about how you can help your teen. The more involved you are with your teen's healthcare plans for the future, the easier his move to into the world of adult medical care will be for both of you.

# Your Healthcare Needs

## You Current Health Coverage

One of the things you need to learn about is your current healthcare coverage. This includes facts about your insurance plan, how long the plan lasts and how to talk with your insurance company.

## Insurance Terms

You will need to learn many new terms that deal with insurance issues. A few of these terms are listed in the chart below.

Insurance term	What it means
Provider	Insurance company such as Blue Cross, United Healthcare, Medicaid or Aetna.
Insurance plan (also called health coverage)	What your insurance company will or will not pay for. Another way to say this is what your insurance will or will not cover.
Out-of-pocket expense	This is the amount that insurance will not pay for and you will have to cover with your own funds.
Deductible	The amount of out of pocket expenses that you have pay before insurance will cover the bill.
Copay	A flat fee that must be paid at doctor visits.
Premiums	The amount of money charged for insurance coverage.

Learn about your current insurance plan:

- Talk with your parents about your current health coverage.
  - How long will you be covered on your parents' plan?
  - What does their insurance plan cover?
  - Who is the provider of their current plan?
  - How do you get in touch with their provider when you have questions?
  - Look into state or national insurance programs, such as Social Security and Medicaid.
- If you go to college, ask about your school's student health insurance.
- Find out what the school's plan covers and who the provider is.
- If you get a job, ask your boss or employer about insurance plans that employees can join.

Questions to ask about your current insurance plan:

- Can I keep my current doctor after I turn 18?
- What are my current premiums, deductibles, out-of-pocket costs or copays?
- What drug coverage does the plan provide?
- Will there be coverage for physical, occupational or speech therapy?
- Will there be coverage for things like wheelchairs, braces, splints, medical supplies and equipment?

Find a doctor who treats adults with your health condition. Decide on what type of doctor you need:

### *Primary care doctor*

A doctor who sees you for regular checkups and when you are ill with a sore throat or the flu.

### *Internist*

A doctor who cares for adults. Some adults use an internist as their primary care doctor.

### *Specialist*

A doctor who treats just one type of problem or body part, such as a heart, lung, stomach or bone doctor.

### *Other doctors*

Who may help treat you when you need medical care, such as doctors who read X-rays or doctors who give you anesthesia (medicine to put you into a deep sleep for surgery).

Find a new doctor that fits your needs:

- Ask your current doctor to refer you to an adult doctor.
- Ask your family members and friends for their advice.

Contact your insurance provider to find out which doctors belong to their plan. Doctors who belong to their plan are called in-network doctors. Doctors who do not belong to their plan are called out-of-network doctors. It usually costs more to see an out-of-network doctor.

## **Get Ready for Your Doctor Visit**

As you grow older, it is important to know about your health condition and see your doctor regularly. At each visit, ask questions and tell him about any personal health issues you are having. Be honest with your doctor, even if it means telling him that you haven't followed his advice. Your doctor needs to know the truth in order to treat you in the best way possible.

Before your doctor visit:

- Call the doctor's office to schedule your visit.
- Make a list of questions for the doctor.
- Make a list of medicines you take. Also note the dose you take each day. Include over-the-counter medicines, herbs and supplements.
- Plan how you will get to your appointment, such as by your car, public transportation, a friend or a family member.

### **What to bring to your doctor visit:**

- Your insurance card
- List of questions to ask the doctor
- List of medicines that you take
- Medical information notebook
- Copies of your medical records, X-rays, or any other information your doctor may need
- Pen and paper to take notes during your visit

## **Learn About Your Health Condition**

As you become more independent, you will also be more responsible for your own care. Knowing about your condition and the medicine you take is an important part of being an adult. You can find out more from your doctor, pharmacist or trusted medical sites on the Internet. Start by answering these questions:

## WORKSHEET

### *Questions to ask about your health condition*

What is the name of my condition? \_\_\_\_\_

When and where was I diagnosed? \_\_\_\_\_

What caused my condition? \_\_\_\_\_

What medicine and treatments do I need? \_\_\_\_\_

What types of food and drinks can I have or not have? \_\_\_\_\_

Do I need to limit my activities in any way? \_\_\_\_\_

How do smoking and drinking affect my condition? \_\_\_\_\_

What are some signs that I may be getting sick? \_\_\_\_\_

What should I do in an emergency? Who should I call? Where should I go? \_\_\_\_\_

What kind of birth control can I use? \_\_\_\_\_

What do I need to know before I think about having a baby? \_\_\_\_\_

### *Questions to ask about your medicine*

What is the name of my medicine? \_\_\_\_\_

What dose do I take? \_\_\_\_\_

How often do I take it? \_\_\_\_\_

How long should I take it (days, months and years)? \_\_\_\_\_

What if I miss a dose? \_\_\_\_\_

While taking this medicine, are there any foods or drugs I cannot take? \_\_\_\_\_

Does my medicine cause any side effects? \_\_\_\_\_

Part of being an adult is taking your medicine correctly. Some tips to help you do this are:

- Use a pill counter to track how many pills you take. Most drugstores sell pill counters.
- Keep track of when you take your medicine by writing it down in a journal or notebook.
- Take your medicine at the same time every day. Make it part of your daily routine, such as before or after you brush your teeth.
- Set your cell phone alarm to remind you when it is time to take your medicine.
- Take your medicine along if you are going to be away from home for a long time. Bring a snack if you need to eat food when you take your medicine.
- Get a refill at your drug store before you run out of medicine. Make sure you know when the drug store is open.

# About Your Lifestyle

## Stay Active

Take part in activities you enjoy and stay as active as you can. There are many ways to keep physically fit and healthy. Be sure to check with your doctor before starting any new sports or physical activities.

Ways you can stay physically active:

- Join a local, adaptive sports club.
- Take part in non-contact sports such as bowling, swimming and golf.
- Enjoy activities with your family, such as going to the park, sporting events and movies.
- Learn a new activity and have fun while doing it.

## Driving

Your doctor may refer you for a driver's test because of your health condition. Be sure to take the test and any other driver training classes that your doctor advises. There are classes for both new and experienced drivers. The classes can help you improve your driving skills and safety awareness.

If you are not cleared to drive by your doctor and you have a car accident, you and your parents may be liable (legally responsible). If you need to buy special driving equipment, your local community resources may be able to help.

## Transportation

Community resources that may be able to help you:

- Groups in your state that serve people with specific medical conditions
- Not-for-profit groups based in your local area
- State and local vocational rehabilitation departments
- Your local United Way
- Worker's compensation (contact your employer for more information)

To get around easily and safely, be sure to:

- Have your travel plans ready ahead of time.
- Ask your friends and family for help.
- Bring plenty of snacks, drinks and personal care items with you because both public and Medicaid transportation can run late.
- Find out if you can get a disabled parking permit. Ask your doctor or visit your local Department of Motor Vehicles.
- Work with local agencies like Project Action and Center for Independent Living that can assist you with your transportation needs.

# About Your Emotions

## You Are Still the Same Person

Dealing with your health condition may be one of the hardest things you have had to do. This may affect how you feel about yourself. It is important to learn how to cope with and manage your feelings and stress levels.

You have made many changes to adapt to your health condition, but, in many ways, you are still the same person you have always been.

Remind yourself that:

- You are a special person. Your personality, what you like and dislike, how you act with others and what you think and learn all set you apart from everyone else.
- It is okay to have the same good emotions and happy times you have always enjoyed. You can still feel successful or proud, and enjoy the company of friends.

## Be Aware of and Accept Your Feelings

The way you deal with your health condition and your feelings about it are part of what makes you the person you are today. As much as you can, focus less on your health condition and more on your daily life.

When you have feelings about your health condition, remember that:

- Sometimes you may have positive feelings like joy, humor, satisfaction and happiness.
- Sometimes you may have negative feelings like anger, sadness, worry, fear or confusion.
- It is completely normal to have a wide range of positive and negative feelings.

## Pay Attention to Negative Feelings

When negative feelings come, use them to help you learn more about yourself. Learning about your feelings can also help you cope better and keep them from getting in the way of your daily life.

Negative feelings can affect your friendships, work, school and hobbies. They can make everything harder to handle. When you have negative emotions:

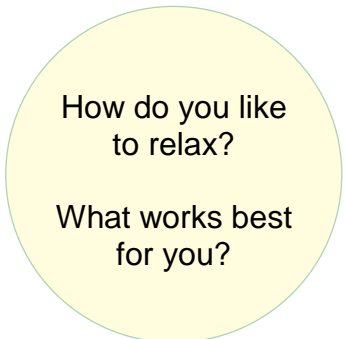
- Figure out what is causing the negative feeling. Then, try to avoid it as much as you can.
- Talk to your parents or a close friend about your feelings. You can also get help from a professional counselor or visit a support group for young adults with health conditions.

## Learn to Relax and Reduce Stress

Sometimes things happen that cause you to feel stress. Research shows that stress is bad for your overall health. By learning how to cope with the stress in your life, you can help to improve how well you feel each day. Ways to help manage stress include:

### *Progressive relaxation*

This helps you relax your muscles, lower your pulse rate and blood pressure, and improve your breathing. Be sure to talk to your doctor before starting any new exercise.



How do you like to relax?

What works best for you?

How progressive relaxation works:

- Curl your fists, tightening your biceps and forearms, while pulling your hands toward your shoulders. Relax. Allow your arms to rest at your side.
- Wrinkle your forehead. At the same time, press your head as far back as you can. Roll your head clockwise in a complete circle, then reverse. Wrinkle the muscles in your face. Press your tongue to the roof of your mouth. Hunch your shoulders. Relax.
- Straighten your back as you take a deep breath. Hold. Relax. Take a deep breath, pressing out your stomach. Hold. Relax.

### *Time management*

This is another way to help you manage stress by helping you plan out and stick to your daily routine.

How time management works:

- Make a list of what you want or need to do each day. Place a star or number beside your most important goals or tasks.
- Base your decisions about what you will do all day on reaching those goals.
- Make your schedule realistic. Try not to overload your day with too many projects, tasks and activities. Remove low-priority tasks.
- Stick to your schedule throughout the day.

Other relaxation tips

- Try deep breathing.
- Listen to your favorite music.
- Get active.
- Find a hobby.

## **Social Skills and Communicating With Others**

You may sometimes hear negative ideas from others about people with health conditions. It helps to know what to say to others when this happens. Some tips to help you include:

### *Rehearse what you will say*

Practice how you might respond to strangers, children, friends and family who may react to or have questions about your health condition. Practice your responses with someone you trust. Think about how to respond to uncomfortable, negative or even rude comments or questions.

### *Harness your anger*

Use coping methods to help manage your anger when you hear negative comments from others. An example of this is to take a deep breath and count to five before you respond.

### *Copy people that you admire*

Think about other people with health conditions that you admire. What do they say or do when they hear unkind comments or questions? Learn to imitate them.

### *Be proud of yourself*

Be your own best supporter and let others know what your needs are. Be honest while being respectful of others.



## Sexuality

Sexuality is a person's feelings, attitudes, beliefs and behaviors about sex. This can be formed by a person's history, upbringing and religious beliefs. Having a health condition can affect your sexuality. As you get older, you may wonder if:

- You can have any children
- Your partner will stay with you
- Anyone will find you attractive
- You will ever enjoy sex

Talk with your doctor about these and any other questions you have about sexuality.

Some people with health conditions choose to ignore sexual issues. They believe that these issues do not apply to them. This is often incorrect.

Others look for a way to maintain or restore their positive feelings about their sexuality. Worry, anger or other negative feelings you may have about sexuality are very natural.

### Tips for finding and maintaining a healthy relationship:

- Believe in yourself.
- There are many interesting people and activities in life. Do not build your entire life around your search for romance.
- Get to know others as friends before dating them.
- Be patient in your search for romance.
- Keep up on current events, music and movies. This can help make it easier for you to talk with others.
- Be open with others about your health condition, especially those who do not have one.
- Sexual activity is often possible despite having a health condition.
- Talk with your doctor about your condition and how it affects your sexual health.

## Drug and Substance Abuse

Drug and substance abuse is when a person has a pattern of using a substance that alters his mood in a way that causes harm. When most people talk about substance abuse, they mean using illegal drugs. However, people may abuse other substances as well. People with health conditions are two to four times more likely to abuse substances than people who do not have health problems.

Abused substances can include:

- Drugs that alter a person's mood, like alcohol, "uppers" and "downers."
- Drugs that do not alter a person's mood, like steroids.
- Other items that are not drugs, like glues or gasoline.

Examples of substances that can be abused include:

- Alcohol
- Hallucinogens
- Illegal drugs, such as
- Marijuana
- PCP
- Cocaine
- Methamphetamine
- Heroin
- Inhalants
- Over-the-counter medicines
- Prescription drugs
- Steroids
- Stimulants
- Tobacco

People with health conditions are more at risk of abusing substances because they:

- Have health problems.
- Take medicines prescribed by a doctor.
- Are not seen by others as someone who might have a problem with substance abuse.
- Are not given access to services that help prevent and treat substance abuse.

If you have a problem with substance abuse, get help right away. **Call 911 if you are worried about your immediate safety.** Talk to an adult you trust, such as a teacher, social worker, doctor, therapist or school counselor. Ask this adult to help you find a treatment program that will help you to recover and learn to cope in a healthy way.

### **Abuse and Neglect**

People with health conditions are more at risk for being abused and neglected by others. Abuse is when someone causes harm to another person on purpose or puts another person at risk of being harmed. Neglect is when someone withholds something that is essential from another person, such as food or water. Abuse and neglect can take many forms.

The different types of abuse and neglect include:

#### *Physical abuse*

This is when someone uses physical force to makes another person do something or to physically hurt another person. Examples include being kicked, pushed, punched, hit or thrown.

#### *Emotional abuse*

This is when someone harasses, insults or threatens another person so that he feels emotional pain or mental anguish. Examples include being yelled at continually or being made to feel ashamed or rejected.

#### *Sexual abuse*

This is when someone directs any kind of sexual behavior at another person without that person's full permission or knowledge. Examples are being touched in ways that are uncomfortable or being made to do sexual acts that you do not want do.

#### *Financial abuse*

This is when someone wrongly or illegally uses another person's financial resources for personal gain. This includes cash, purchases, credit cards and bank accounts. Examples include stealing medicine, purses, backpacks, credit cards and money.

#### *Neglect*

This is when a caregiver refuses or fails to give something that is needed by the person in their charge until he is harmed by it. Examples include not being given food, water or medicine, and not being taken to doctor appointments that he cannot go to on his own.

If you think you are being abused or neglected, get help right away. **Call 911 if you are worried about your immediate safety.** Talk to an adult you trust, such as a teacher, social worker, doctor, therapist or school counselor. If you are younger than 18 years old, contact your local Department of Child Protective Services office. If you are older than 18 years old, contact your local Department of Adult Protective Services office.

# About Your Education

School is an important part of your life. You go to school to learn, make friends and figure out how to live in the world. Most teens worry about some aspect of school. It is normal for you to worry about what school will be like with a health condition.

Questions you may have about going to school include:

- How can I get financial aid?
- How do I keep up with daily assignments?
- How do I get from one part of the school to another?
- How do I carry my books or lunch tray?
- How do I react if others treat me differently because of my health condition?

Your teachers and school can help you manage these tasks so that you can do all of them. You may also be able to receive help through federal laws. These laws include:

## **Individuals With Disabilities Education Act (IDEA)**

This law makes sure that states and public agencies provide equally for the schooling needs of students with disabilities from birth to age 21. IDEA guarantees that students with disabilities get the same chances to learn at school as students who do not have disabilities.

## **504 Plan**

This plan makes sure that students who need extra help get it during school. Examples include when a student is allowed to:

- Go to the nurse's office as needed.
- Leave class early to avoid crowds.
- Use an elevator if needed.
- Have extra time to finish or makeup assignments and tests.
- Have two sets of books, one for home and one for school.
- Have another student help with or carry a lunch tray.

## **Individual Education Plan (IEP)**

This plan makes sure that all of the needs of students with disabilities are met during school. This includes learning, thinking, and social and emotional needs, such as physical therapy, occupational therapy, speech therapy and language therapy.

# About Your Work Life

Part of becoming an adult is finding a job. This includes looking for work, filling out job applications and interviewing with employers. You may be able to receive help for your job search from the resources listed below.

## State Vocational Rehabilitation Program

Each state has a Department of Vocational Rehabilitation (VR). The VR helps people with disabilities find work. Ask your school or career counselor about your state's VR program. Many schools may have a VR program counselor. You also can visit Georgia's Rehabilitation website ([vocrehabga.org](http://vocrehabga.org)) to learn more about its VR program.

## The Ticket to Work Program

The Ticket to Work Program provides job services to people who receive Social Security benefits. If you receive Social Security, you can join an Employment Network (EN). The EN can give you extra job and training services while you look for work.

## Social Security Work Incentives

The Social Security Administration helps people who receive Social Security benefits find work. If you receive Social Security, you may also be able to receive these added services. For example, the Plan for Achieving Self Support (PASS) allows you to work and earn income while saving for job training or schooling needs.

## Job Search Tips

The tips below can help you as you look for work and apply for jobs:

- Create a resume, which is a summary of your school and job history. Your school counselor can help you create one. Be sure to update it as needed.
- Complete job applications as neatly as possible.
- Make sure your answers on the application match the job you are seeking.
- Do not leave any blank answers on job applications.
- Do not give out any negative information.
- Be truthful when you answer the questions.
- Do not put specific salary needs.
- Provide references.
- Make sure that information on your job application and your resume match.
- Be sure there are no errors. If needed, have someone else check your application to make sure that everything is correct.

## Job Interview Tips

Before your job interview:

### *Do your research*

Knowing about the company and job can make you stand out in the interview. It also shows that you want to work there.

### *Practice*

Practice for your interview out loud. This will help you sound more polished and professional. It may also help you stay focused in the interview.

### *Decide when to talk about your health condition*

The Americans with Disabilities Act (ADA) says that employers cannot ask you about your disability until they have a need to know. However, you can choose to talk about your health condition at any time. Talk with a counselor or other adult about whether or not you should do this during your interview.

### *Dress to impress*

First impressions make a difference. Avoid wearing too much jewelry, perfume or flashy clothes. Make sure you are clean and wear conservative clothes. A good choice is a business clothing in a solid, neutral color. What you wear tells employers how serious you are about the job.

During your job interview:

### *Be on time*

Employers don't want to hire someone who arrives late to a job interview. If you are going to be late because of traffic or another problem, call the employer to explain. The employer may have you come in late or he may want to reschedule.

### *Display good manners*

Just like what you wear, your manners make a difference. Be polite and courteous at all times during your interview. Do not use slang or swear when you talk.

### *Be confident*

Smile, make eye contact and keep your body posture straight. This shows employers that you are confident in yourself and your abilities.

### *Be positive*

Stay upbeat during your interview. Employers want to hire someone who is positive, eager to help and able to meet challenges.

### *Ask questions*

Ask questions about the job based on your research. This is your chance to find out more about the business, what the job requires and what may be expected of you.

After your job interview:

### *Follow up with a thank-you note*

Send a letter to the employer as soon as possible after your interview. In the letter, thank him for his time and let him know that you hope he selects you for the job.

## **Keeping Track of Your Money**

When you become an adult, you will get a regular income from a job or other source, such as Social Security. You will need to learn how to manage your money so you can pay for basic needs, such as food, clothes and healthcare. You will also have to pay for your monthly bills. These bills include rent, utilities like phone or cable, car insurance and more.

Learning how to manage your money includes:

### *Opening a checking or savings account*

The most common way to safely store your money is to open a checking or savings account with a local bank.

### *Balancing your checking account*

To keep your checking account correct, balance it on a regular basis. This helps you keep track of how much money you spend and how much money you have left before your next deposit.

### *Creating a budget*

A written budget can help you control your spending and live within your means. It can also help you:

- Organize what you spend and save.
- Pay your bills on time.
- Avoid bank fees. Your bank will charge you fees whenever you spend more money than you have in your account.
- Keep you from going into debt.

## **WORKSHEET**

### Monthly Budget

<b>Income</b>	<b>Dollar Amount</b>
Monthly take-home pay	\$
<b>Expenses</b>	
Mortgage/rent	\$
Electric	\$
Gas	\$
Phone/cell phone	\$
Cable	\$
Water	\$
Credit card payments	\$
Car payments	\$
Transportation expenses	\$
Insurance	\$
Groceries	\$
Clothing	\$
Personal care	\$
Recreation/entertainment	\$
Savings	\$
Retirement	\$

### **Social Security Benefits**

You may be able to receive income through Supplemental Security Insurance (SSI). This program is offered by the Social Security Administration. It helps people with disabilities by giving them cash to pay for their special needs. It also offers healthcare coverage through Medicaid.

### **Knowing Your Rights**

As an adult, you will have many rights that have been made into laws. As an adult with a health condition, you need to learn what your rights are so you can live as independently as possible. Some of the most important laws about the rights of people with health conditions are listed below.

## **Americans with Disabilities Act (ADA)**

The Americans with Disabilities Act is a federal law. It prevents companies from discriminating against people with disabilities. This means that they cannot treat employees with disabilities unfairly. The law covers many areas, such as:

- Certain businesses that receive federal funds
- Getting and keeping a job
- Phone and communication services
- Public transportation, housing and education
- State and local laws

## **Advance Directives**

When we become very ill, it's nice to know that we are still in control of our own healthcare choices. If you become very ill near the end of your life:

- Do you want to be kept alive using all means possible?
- Do you want to be able to die a peaceful death without the help of machines and medicines?
- Do you want something between these two choices?

Although death is not something that we like to think about, the good news is that you can be in control when the time comes. You do this by creating a legal paper called an advance directive. Advance directives tell your doctor what kind of care you want to have if you are unable to make medical decisions for yourself. A person has to be at least 18 years old and of sound mind to create an advance directive.

There are several kinds of advance directives:

### *Living will*

This tells your doctors and family exactly what you want them to do if you are very ill and not able to speak for yourself.

### *Durable power of attorney (DPA) for healthcare*

This allows you to choose someone to make healthcare decisions for you. It becomes active whenever you are unconscious or unable to make medical decisions.

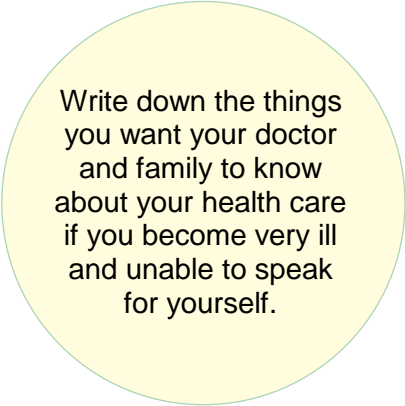
### *Do not resuscitate order (DNR)*

This allows you to refuse cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing. In this case, a DNR order is added to your medical chart.

You can change or cancel an advance directive, as long as:

- You are of sound mind—This means you can think clearly and share your wishes clearly.
- Your changes must be made, signed and notarized according to the laws in your state.

When you create or change your advance directives, be sure to give your doctor and trusted family members a copy.



Write down the things you want your doctor and family to know about your health care if you become very ill and unable to speak for yourself.

## **A Special Note for Parents**

As your child grows, teach him how to manage and take an active role in his own healthcare. Give him the support he needs to do this through each stage of his life. With your help and guidance, your child will learn to live as independently as he can. Take extra care when dealing with him during his teen years and when you create a life care plan for him.

## **Life Care Plan**

You may sometimes worry about the long-term care needs of your child. Your child may need support of some type for his whole life, even after you die.

Making a long-range financial plan for your child's care in the event of your death is called a life care plan. This may seem like a complex thing to do, but you can use the tips below to make the process easier.

To create a life care plan for your child, be sure to:

Get good financial advice—Talk with a lawyer who is certified in estate planning. Be sure he has worked with families who have children with health conditions.

Choose someone to be responsible for your child's needs—This person can be responsible for both medical and financial needs. Be sure to talk with this person about what it means to be responsible for your child. Talk with your teen and get his input, too. After you decide, let your family and lawyer know who this person is.

Decide where your child will live—Talk with your teen about where he will live in the event of your death. Will he need to live with a caretaker, in a group home or at a residential facility, or can he live on his own?

Make a detailed list of your child's needs and finances—Talk with your teen, your family and your lawyer to decide how your teen's finances will be set up for him.

## **Special Help Through the Teen Years**

As your child gets older, build on his key skills by doing these things:

- Fill in any gaps in what your teen knows about his disability. Be honest with him and teach him what he needs to know.
- Teach your teen to call the doctor if he sees or has a danger sign linked with his health condition. Ask him to tell you about it, also.
- Teach your teen to take his medicine correctly. Work out a plan with him for telling you when and how much he takes every day until he can take it on his own. This may include “tweets or texts,” phone calls or writing it down in a log beside his bed.
- Talk with your teen about the long-term course of his health condition. Discuss what he can expect in the future.
- Teach your teen how to meet with the doctor by himself. Teach him how to be direct and ask questions.
- Talk with your teen about the benefits of a support group for teens with his health condition.
- Have your child talk with a genetic counselor, if needed. A genetic counselor can point out the risks of passing his health condition on to future children.
- Ask your child to tell you about how he is doing and feeling.



# Resources

## About Your Lifestyle

Community resources:

United Way, [liveunited.org](http://liveunited.org)

Transportation resources:

Project Action, 800-659-6428 or [projectaction.easterseals.com](http://projectaction.easterseals.com)

Center for Independent Living, 713-520-0232 or [ilru.org](http://ilru.org)

## About Your Emotions

Substance abuse:

Substance Abuse and Mental Health Services Administration, [samhsa.gov](http://samhsa.gov)

Abuse and neglect:

Georgia Ombudsman (Advocate for residents in long-term facilities), [georgiaombudsman.org](http://georgiaombudsman.org)

## About Your Education

Education resources:

U.S. Department of Education, Office of Vocational and Adult Education, [ed.gov](http://ed.gov)

Federal Student Aid, [fafsa.ed.gov](http://fafsa.ed.gov)

## About Your Work Life

Job search and tips:

Monster, [monster.com](http://monster.com)

Keeping track of your money:

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

Federal Trade Commission, [ftc.gov](http://ftc.gov)

## Knowing Your Rights

Employment:

U.S. Equal Employment Opportunity Commission, 800-669-4000 or [eeoc.gov](http://eeoc.gov)

American's with Disability Act Info Line, state and local government, 800-514-0301

Public accommodations:

American's with Disability Act Info Line, 800-514-0301

Public transportation:

Federal Transit Administration, 888-446-4511 or [fta.dot.gov/ada](http://fta.dot.gov/ada)

Telecommunications:

Federal Communications Commission, 888-225-5322 or [fcc.gov/cgb/dro](http://fcc.gov/cgb/dro)

Housing:

U.S. Department of Housing and Urban Development, [hud.gov](http://hud.gov)

Fair Housing Accessibility First, 800-669-9777 or [fairhousingfirst.org](http://fairhousingfirst.org)

American's with Disability Act Info Line, 800-514-0301