

Health Care Transition Patient Information

Middle Years

Dear Teen,

As you get older, you will do more activities for yourself. This includes your special health care, as you are able. The list of activities below will help you prepare for your young adult years. Teens may do these activities differently. Some teens need more help from their parent or caregiver. It is a good idea to talk to your parent or caregiver to discuss which activities you will do. Some of the items listed are healthy choices to keep in mind for today and your future.

Your Feelings	
<ul style="list-style-type: none">• Learn healthy ways to deal with stress.• Always talk through problems and never use violence.	<ul style="list-style-type: none">• Let your parent, caregiver or a trusted adult know if you feel sad or “down.”• Identify a support person you trust.
Your Daily Life – Good Things to Know	
<ul style="list-style-type: none">• Find fun, safe things to do.• Talk to your parent, caregiver or a trusted adult about alcohol, drugs and smoking/vaping.• Support friends who do not smoke, use alcohol, drugs, steroids, diet pills or vape.• Talk about healthy relationships, sex and values with your parents or a trusted adult.	<ul style="list-style-type: none">• Ask your doctor about how alcohol, drugs, smoking and safe sex affect your medical condition and/or the medicines you may be taking.• Talk about puberty and sexual pressures with someone you trust.• Follow your family rules.• Ask your doctor about reproductive health related to your medical condition: birth control, sexually transmitted infections (STIs) and pregnancy.





Friends and School

- | | |
|---|--|
| <ul style="list-style-type: none"> • Do the best you can when it comes to schoolwork and homework. • If you need help with organizing your time, ask your parents or teachers. • Read often. • Find activities you are really interested in, such as sports, music or acting. | <ul style="list-style-type: none"> • Find time to help others. • Spend time with your family and help out at home. • Stay connected with your parents. • Continue thinking about your plans after high school (career, college, technical training). |
|---|--|

Growing as You Go

- | | |
|---|--|
| <ul style="list-style-type: none"> • Learn skills to care for your health and your medical condition. • Start making your own doctor appointments. • For questions, call your doctor or use myChart. • Know the names of your medicines, why and when you need to take them and how much you take. • Know what can happen if you don't take your medicine(s). • Set medicine reminders in your phone or calendar to stay on schedule. | <ul style="list-style-type: none"> • Refill your medicines and add your pharmacy phone number in your phone. • Learn about what labs and tests you need and what they mean. • Start learning about managing money. • Take care of your medical equipment and supplies. • Know when to use urgent care vs. emergency room vs. calling 911. • Start thinking about how you will get to your doctor visits. |
|---|--|



Violence and Injuries

- | | |
|--|--|
| <ul style="list-style-type: none"> • Do not drink and drive; or ride in a vehicle with someone who has been using drugs or alcohol. • If you feel unsafe driving or riding with someone, call a trusted friend or family member to drive you. • Always be a safe and careful driver. • Limit the number of friends in the car, nighttime driving and distractions when driving. • Never text while driving. | <ul style="list-style-type: none"> • Never allow physical harm to yourself or others at home, school or elsewhere. • Understand that healthy dating relationships are built on respect and that saying "no" is okay. • Remember that fighting and carrying weapons can be dangerous. • Insist that seat belts be worn by everyone. |
|--|--|

For more information, visit millerchildrens.org/Transition.