



Center for
Transition to Adult Health Care
for Youth with Disabilities

A Side-by-Side Guide in the **CtLC Life Experience Series**
Developed by the LifeCourse Nexus



Moving to Adult Health Care:

DAY-TO-DAY HEALTH ROUTINES

UMKC Institute for
Human Development
A University Center for Excellence in Developmental Disabilities

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INTRODUCTION

► What Is This and Who Is This For?

Growing up means there are a lot of changes that are going to happen. One of those changes is your health care. The process of moving to adult care is called health care transition. Transition means a change from one thing to another. It does not happen all at once. You are considered transition age if you are somewhere between the ages of 12 and 26.

This guide is part of a set of toolkits that are made for you. The guides and other tools will give you lots of information and resources to help you during this time of transition. The toolkits are made to help you learn and get ready for moving to adult health care and living a healthy adult life.

This guide is part of the toolkit Moving to Adult Health Care: Day-to-Day Health Routines.

To find the other toolkits, please visit movingtoadulthealthcare.org/toolkits/

Made for people with disabilities and their supporters by experts in the field of health care transition, developed in partnership with people who have lived disability experience.

► Toolkit Series

1. Understanding Health Care Transition
2. Knowing About Your Health Care
3. Leading Day-to-Day Health Care Routines
4. Understanding Your Legal Rights in Health Care Settings
5. Leading Your Health Care Visits and Interactions
6. Planning for Moving to Adult Health Care

Each toolkit has:

- Information you need to know about moving to adult health care
- Some important words and people to know
- Helpful tips for people who are supporting you
- Resources and supports
- EZ-Readers and videos to help you understand important ideas.



Scan the QR Code with your mobile device to visit the Toolkit Series website.





INTRODUCTION

► Learn. Talk. Do.

As you work through this guide you will learn about moving to adult health care and what that means. You will have chances to talk about what you learned with your supporter. You will then have ways to take action on what you learned.



Learn.

You and your supporter will learn about moving to adult health care and resources for additional information.



Talk.

Stopping points will be provided for you and your supporter to talk about what you just learned. Supporters will be given additional instructions and discussion ideas in the “supporter” box at these stopping points.



Do.

Tools will be provided that can help you apply what you learned. Instructions and examples of how to use the tools can be seen in the guide. You can print and complete the tools at lifecoursenexus.com/health-care-transition.

For Supporters

A supporter is someone who is on your side. A supporter can help you with reading and understanding the information in this guide. You can talk to a supporter and ask them questions about moving to adult health care and what it means for you. They can help you think about and start doing things to get ready for taking charge of health care in your adult life. When you see “**For Supporters**” with this stamp shown to the right, it means that part is for your supporter to help them help you.



In This Toolkit

In the first two toolkits in the **Moving to Adult Health Care** series, you learned about what it means to transition from pediatric to adult health care, understanding your own health and disabilities, and different kinds of doctors and health care workers.

In this toolkit, **Moving to Adult Health Care: Day-to-Day Health Routines**, you will learn about the everyday things you will do for your health as an adult. You will explore healthy eating, staying active, regular checkups and medication, and mental well-being.





Why Learn About This?



Your health and wellness are key to living your best life. The everyday things you do for your health are important. A big part of everyday health is taking good care of your body and mind. You can figure out what works and what doesn't work for you and your body. This includes:

- Thinking about and planning for healthy eating and drinking
- Being physically active, based on your abilities and interests
- Learning about stress and what helps your mental well-being
- Keeping up with regular check-ups and taking your medication

Healthy Eating



If you want to live a healthy life, you need to pay attention to what you eat and drink.

It is important to think about how much food you eat and how much you drink every day.

- If you are very active, you may eat and drink more.
- If you are not very active, you may need less food and drink.

Meal Planning

Making a weekly menu, or list, of what food you will eat each day for each meal is a good way to keep track of the food you are putting in your body. Having a menu can help you eat a more balanced diet.



Food Is Fuel For Your Body

Eating a variety of different kinds of food helps to make sure your body gets what it needs. When your body gets what it needs, it helps you to stay healthy, feel well and have plenty of energy.

It also helps you:

- Think clearly and be more alert
- Have strong bones and muscles
- Keep your body and organs (like your heart, lungs, or brain) working well

Not eating a healthy diet can make it harder to stay at a healthy weight. You could be more likely to get some health conditions like diabetes, heart disease, or cancer.



Most foods belong in one of five food groups:

- **Protein** – lean meat, beans, fish, eggs, nuts
- **Grains** – brown rice, whole grain pasta, bread, cereal, quinoa
- **Dairy** – milk, cheese, yogurt, soy milk
- **Fruits** – apples, oranges, grapes, bananas, cherries, melons
- **Vegetables** – lettuce, green beans, peas, broccoli, cabbage, peppers



A Balanced Diet

A balanced diet means that you are eating from each of the food groups most days. A balanced diet includes food from every group in the right amounts. To learn ideas about how to have a balanced diet:

- Ask your doctor how much of each different type of food works best you.
- Check out the resource section of this booklet that gives information on how much to eat from each food group.

Nutrition is the study of food and how it works in your body. Nutrition includes all the things that are in your food, like vitamins, protein, fat, and more.

People who know a lot about food and healthy eating are called **nutritionists**. Nutritionists say that it is important to eat at least 5 servings of fruits and vegetables each day.



Fruits and Vegetables



What is so great about fruit?

- Fruits are high in things that are good for you, like fiber, vitamins, and other nutrients.
- Most fruits are low in things that are NOT good for you, like fats, sodium, calories, and cholesterol.
- Eating fruit can lower your risk for certain diseases, like heart disease, cancer, or diabetes.

What is so great about vegetables?

- Vegetables come in lots of colors – light or dark green, red, yellow, and orange.
- Many vegetables can be eaten either cooked or raw (raw veggies make a great snack)
- Eating vegetables can help keep you healthy and lower your risk of heart attack or stroke.

That Is a Lot

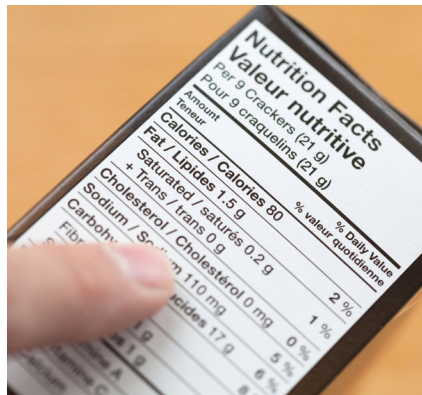


You may be wondering how to get started with healthy eating. It may seem overwhelming. To help you get started, begin thinking about what you currently eat or drink. This can help you know what you are doing well with healthy eating. It can also help you know what you might want to change.



HEALTHY EATING

Check Labels



It is important to read the labels of the foods and drinks you buy. The label will tell you what else is in it and help you make healthy choices. To make healthy choices, here are some tips for looking at labels:

- Watch for how much salt, sugar, and fats are in the food or drink.
- Look for labels and packages marked “no sodium” or low sodium.”
- Check for labels and packages marked “low sugar” or “no sugar added.”

Tips for Shopping Healthy



There are many choices to make when shopping for groceries. Here are some tips to help you get ready to shop and make choices:

- Shop the outside aisles in the grocery store to find the freshest food, like fruits, vegetables, meats, and dairy products.
- Make a menu for the week listing what you will eat for each meal. This will help you make a list of what groceries you need to buy.
- Shop with a grocery list to keep you from buying things you don't need.
- Try to limit how much pre-packaged or "grab and eat" kind of foods that you buy.
- Avoid buying foods with too much sugar, salt or fat.

Shopping for Fruits and Vegetables

- Farmer's markets are great places to find fresh fruits and vegetables.
- You can also buy fruits and vegetables in grocery stores.
- Fresh fruits and vegetables are best, but it is fine to eat frozen too.
- If you buy canned fruits and vegetables, check the labels for added sodium (salt) or sugars.



What You Drink Matters



In addition to eating healthy, it is important to pay attention to what you drink. Some drinks can add a lot of sugar, salt, and other things like caffeine to your body. Drinking plenty of water every day can help you be healthier.

Why Drink Water?

- **Maintain Balance:** Drinking water helps keep your body fluids in balance. It is important for things like digesting food and circulating blood.
- **Exercise:** Drinking water is important when you exercise. It helps put fluids back into your body that you lose when sweating.
- **Kidney Health:** Drinking water helps your kidneys remove unhealthy things in your body that come out in your urine. Water also helps prevent constipation.
- **Weight Control:** Drinking water before and during meals can help you feel fuller and eat less.



Other Drinks

It is important to be aware of what is in your drinks. Reading labels helps you know how much sugar, salt, calories, and caffeine are in your drinks. Drinks with a lot of calories can cause weight gain. A few drinks to watch out for include:

- **Energy Drinks:** These are high in caffeine, sugar, and calories. Too much caffeine can make your heart beat too fast.
- **Sodas:** Many sodas have caffeine and sugar, adding extra calories.
- **Juices:** Many juices are high in sugar, adding extra calories.
- **Alcohol:** If you are legal drinking age and drink alcohol, limit how much you drink.

Setting Goals

To eat healthier, it is helpful to have goals. Do you want to drink more water each day? Do you want to learn a recipe that makes healthier food tastier? It is important to create goals that are important to you.



Staying Active and Fitness

Everybody needs physical activity for good health. Exercise and fitness can be different for each person. Some people enjoy playing sports. Others may like group work out classes. Some people like getting active on their own.



People who have a disability can find a way that works for them to be active. Your doctor or physical therapist can help you find the types and amounts of physical activity that work best with your abilities and interests. Whatever way you choose to be active, it is important to exercise and move your body on a regular basis. It is a good idea to check with your doctor before starting.

WHY Exercise?

Physical activity helps you stay healthy or get healthy.

It can help you to:

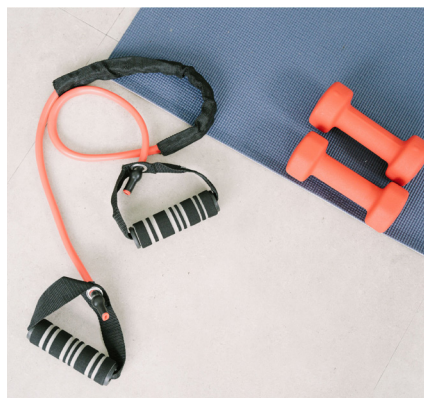
- Have better overall health
- Increase strength and endurance
- Have better mobility
- Make your heart stronger
- Build strong muscles
- Improve mental health/boost mood
- Reduce stress
- Sleep better
- Reduce risk of/help manage chronic health conditions (i.e., heart disease, stroke, diabetes, cancer, high blood pressure)





Types of Exercise

There are 3 main kinds of physical activity. It is a good idea to have a combination of all three in your life. You can ask your doctor what would be right or helpful for you to do.



Aerobic (or Cardio): physical activity that makes you breathe harder and your heartbeat faster

- Running, fast walking, swimming, or bike riding
- Playing sports like tennis, pickle ball, or wheelchair basketball

Strength and balance: helps you keep or build muscle strength

- Working with weights or resistance bands
- Exercises like push-ups or planking

Stretching and flexibility: reduces your risk of injury

- Yoga, Pilates
- Daily stretching routine

Being Active



There are many ways to be active in your life. What do you enjoy doing for exercise? It's okay if you don't know what you like to do for fitness. Talking to others about what they enjoy doing is a great way to come up with ideas. Fitness can be fun!



Ways to Get Moving



Joining a gym or doing exercise routines might not be for you. There are other ways to get moving and tips to be more active in daily life. Here are a few ideas:

- While watching TV, get up and dance, walk around or march in place
- Play with a pet or take them outside
- Do yardwork or gardening
- Keep track of your steps on a smart watch or wearable fitness
- Take a walk during your lunch break
- Take the stairs instead of the elevator

Setting Goals



Just like eating healthy, to be more active, it's important to have goals. To create your fitness goals, think about:

- What activities do you enjoy doing?
- What time of day works best for you?
- Who could get active with you, like a friend or family member?
- How often do you want to work out? It's important to take breaks as often as you need and to let your body rest.



Regular Check-Ups

It is important to have regular check-ups with your adult doctors and health care workers. This means you may need to see them every year or two even if you are not sick or having problems.



Your primary care or family doctor may check on your health in different ways.

- They may listen to your heart and lungs.
- They may check your pulse and blood pressure.
- They may look in your ears, mouth, or throat.
- They might also give you shots to protect you from illnesses and diseases.
- Sometimes, they may ask you to see other doctors or health care workers.



If you have ongoing health needs, your doctor will want to see you. They can help you with a lot of things.

- You may need to see them to get more of your medications.
- They may order blood tests, x-rays, or other tests to check on how you are doing.
- They can answer questions about your health condition or disability.
- Your doctor will let you know how often they need to see you.

Regular visits with other health care workers are also important to keep you well.

- Most people see their dentist 2 times a year. Dentists clean your teeth and check for cavities. They can also check for any dental problems that may need treatment.
- You may need to see your eye doctor every year or two. Eye doctors can check to see if you need glasses or contacts. They also can check for any eye problems that need treatment.



To learn more about your doctors and health care workers, see the EZ-Reader: Knowing About Your Health: Different Kinds of Doctors and Specialists from the Toolkit Series.



Medication



Taking care of your health might mean you need to take medication. Getting organized will help you take your medications the right way. This will help you be as healthy as possible.

- It is a good idea to keep a **Medication List** with the names of each medication you take and why you take it.
- It is also helpful to list what time you take each medication, and how often you take it.
- There are things that can help you remember to take your medications at the right times:
 - Pill organizers
 - Medication dispensers
 - Setting alarms on your phone or smart watch

You can find and download the Medication List and Tip Sheet in the resource section.



To learn more about managing your medications, see the *EZ-Reader: Day-to-Day Health Routines: Managing Your Daily Medication* from the Toolkit Series.



Mental Health

Mental health is a state of well-being. It helps us deal with stress and take on life challenges. Our mental health affects how we think, feel and act. It also affects our relationships, learning, work, and decision making. Not taking care of your mental health can cause problems with your physical health. Talking about your mental health and asking for help when needed is important.



What is Stress?

Stress is normal and we all experience it sometimes. Too much stress can affect your mental well-being.

- Stress is a feeling that happens when you are in a hard situation.
- Stress can come from something negative or positive.
- Too much stress can make you feel emotional or even sick.

Stress and Your Emotions

Stress Can Make You Feel:

- Angry
- Impatient
- Excited
- Confused
- Anxious
- Depressed

Stress and Your Body

Stress Can Cause:

- Upset stomach
- Tight muscles
- Headaches
- Sleep problems
- Weight gain or loss
- Memory problems



Ways to Manage Stress and Improve Your Mental Well-Being



Managing stress can improve your mood and help you bounce back from challenges. Here are some ideas to try to help manage stress and help your mental well-being.

Sleep

- Get enough sleep so your body gets the rest it needs
- Have a relaxing bedtime routine

Relationships

Spending time with others can help you feel less stressed. Here are some ideas on how to build relationships and take care of the ones you already have.

- Schedule regular “catch-ups” with friends (in person or virtually)
- Join a social group or club
- Volunteer for organization you care about
- Reach out to family or friends you have lost touch with



Coping Skills

Coping skills are things you can do to help you deal with feeling stressed or overwhelmed. Being overwhelmed is when something feels too challenging. Coping skills can make you feel better or give your mind and body a break.

Coping skills can include:

- Doing something fun or enjoyable
- Being active or physical
- Taking care of your body



Coping and Well-Being Tips



There are many ways you can take care of your mental well-being. It is important to find what works best for you. Here are some tips:

- Ask for help when you need it
- Find ways to take a break
- Find a hobby you enjoy
- Limit screen time
- Practice gratitude and positive thinking

Talking to Someone



One of the best things you can do is talk to a trusted friend or family member about how you feel. Sharing your thoughts and feelings can often be a great source of comfort and connection.

Sometimes, when you are feeling really sad, angry, or stressed, you might want to consider talking to a professional. There are several kinds of mental health workers you could talk to.

Psychiatrists

A psychiatrist is a medical doctor who can diagnose and treat mental health issues. They can also order medication.

Psychologists

A psychologist can also diagnose and treat mental health issues. However, they cannot order medication.

Therapists

A therapist or counselor can help you identify and manage your mental health issues. They will listen to you and help talk through your feelings. They will also help you with coping skills.

Reaching Out

Talk to people you trust about mental health. Ask what they do to deal with stress. Ask what they do when they feel sad or depressed. Talk about what you might do when feeling overwhelmed.



► Learn. Talk. Do. For Supporters

Read through the Side-By-Side Guide and EZ-Reader with the youth. If there are things they do not understand, try explaining it using different words or in smaller bites. Use real life details to illustrate points. Stop and share stories or details as you go. Answer any questions they might have as you go.

► Healthy Eating



Learn.

Together, read through the information in this guide on healthy eating. Then choose one or two websites on healthy eating from the resources section to check out together (for example, MyPlate).



Talk.

Discuss the kinds of food each of you likes from the different food groups. Does the person you support eat a balanced diet that includes all the food groups? What are they missing? Where could they cut back? Are there other issues that impact how they shop or eat?



Do.

Help the young person make a template for a shopping list they can use each time they go to the grocery store. The template can have the things they typically buy regularly, as well as a list of things to check in their pantry or refrigerator before they shop. The goal is to shop less often and get more of the things they need in less trips to the grocery store.



► Physical Activity



Learn.

Everybody needs physical activity for good health. Adults with disabilities are three times more likely to have serious health issues than other people. But many get no physical activity at all. Review the section on physical activity. Share any stories you have about your own physical activity to encourage them.



Talk.

Talk together about being physically active and what that means to each of you. Here are some ideas of how to start the discussion:

- What types of physical activity do you enjoy, now or in the past? (walk, run, cycle, swim, aerobics, Zumba, Yoga, etc)
- How much physical activity are you currently doing each week?
 - What do you do?
 - How often? (every day, twice weekly, etc)
 - How long? (30 minutes, one hour, etc)
- How can you add more physical activity to your life? (for example, walking to work instead of driving or parking further from the store entrance)



Do.

Together, make a plan on ways you can each get more physically active.





➤ Mental Health



Learn.

Together, read through the information in this guide on mental health. If you are comfortable, share any stories you have about your own mental health.



Talk.

Ask the person you support what kind of things make them feel good. Give examples on things you do to feel good. Doing things that make us feel good can help improve mental health. You can also talk about what kind of things you can do when you are feeling stressed or feeling down. Talk about how taking care of mental health is just important as other parts of your health.



Do.

Point out how important it is to take care of mental health. Emphasize that it is okay to ask for help when needed. Help the youth think about who they could talk to. Let them know that you are there for them.

➤ Regular Check-ups and Medication



Learn.

Follow the QR code or link to access the EZ Reader on Medication. If needed, help the youth read the material and answer any questions.



Talk.

Ask the person you support what kinds of doctors and other health care workers they see. Ask if they have filled out a Medical Provider List (**link in resource section**).



➤ Regular Check-ups and Medication (continued)

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 Do.

Help the youth complete the tool **Healthy Living: Medication List**. Assist the youth to gather all their medications. Help them enter each medication on the list taking care to note the times each should be taken. This is also an opportunity to talk about each one and why they take it. You can also show them how to read the prescription label. The label often has important information about the medication, such as the number of refills remaining.



ADDITIONAL RESOURCES

► Resources

- Charting the LifeCourse Healthy Living: Medication List and Tip Sheet
umkc.canto.com/b/RGJTU
- Charting the LifeCourse Healthy Living: Medical Provider List and Tip Sheet
umkc.canto.com/b/PKIOJ
- Mayoclinichealthsystem.org – Shopping the Grocery Perimeter
www.youtube.com/watch?v=RjwxfBPq3Y
- Heart.org - 5 Easy Ways to Find Healthier Options at the Grocery Store
www.heart.org/en/healthy-living/healthy-eating/cooking-skills/shopping/5-easy-ways-to-find-healthier-options-at-the-grocery-store
- Snap Ed NY – MyPlate Healthy Eating Style
www.youtube.com/watch?v=l4c2Q26lhw
- Snap Ed NY – MyPlate Grains
www.youtube.com/watch?v=UVWz7MxnWJk
- USDA – MyPlate, the official symbol of the five food groups
www.myplate.gov
- National Center on Health, Physical Activity and Disability (NCHPAD) PDF: Exercise for Individuals With Disabilities and Tips for Better Routines
www.nchpad.org/resources/my-scorecard-exercise/
- National Center on Health, Physical Activity and Disability (NCHPAD) – Video
www.nchpad.org/resources/melt-away-physical-stress-with-this-12-minute-full-body-floor-mobility-routine/
- National Center on Health, Physical Activity and Disability (NCHPAD) – PDF: Grocery Shopping Tips
www.nchpad.org/wp-content/uploads/2024/03/Grocery-Shopping-Made-Easy.pdf
- National Alliance on Mental Illness (NAMI) – Social Media and Mental Health
www.nami.org/your-journey/kids-teens-and-young-adults/teens/social-media-and-mental-health/



*Scan the QR Code with your mobile device
to visit the resources listed above.*





Center for Transition to Adult Health Care for Youth with Disabilities

The Center for Transition to Adult Health Care for Youth with Disabilities is a national health care transition (HCT) resource center. The goal of the center is to empower youth and young adults with intellectual and developmental disabilities (ID/DD) ages 12-26 to direct their own transition from pediatric to adult care with no reduction in quality of care or gaps in service.

movingtoadulthealthcare.org/toolkits/



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An EZ-Reader in the **CtLC Life Experience Series**
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Day-to-Day Health Routines:

MANAGING YOUR DAILY MEDICATION



LifeCourse Nexus

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What Is This?

This is one in a series of 6 booklets. They are meant to help you learn about moving to adult healthcare and healthy living.

This EZ-Reader, **Day-to-Day Health Routines: Managing Your Daily Medication**, is to help you learn about taking care of the medication you need on your own or with help. It is meant to help you understand how to organize and take your medication the right way to keep you as healthy as possible.



How to Use the EZ-Reader



EZ-Readers use words and pictures to help you understand what you need to know.



You might be able to read this booklet by yourself.



You can also ask someone to read it with you.



Everyday Adult Tasks



You will do many everyday tasks as an adult.



You will clean your home and do your laundry.



You will go grocery shopping to buy food and other items



Everyday Health Tasks



There will be everyday tasks you do for your health.



You can manage everyday tasks on your own.



You can also get help from others when you need or want it.



Medications or Medicine



An important part of your health may be taking medications.



What does that look like in your everyday life?



How will you manage medications as an adult?



Why You Take Medications



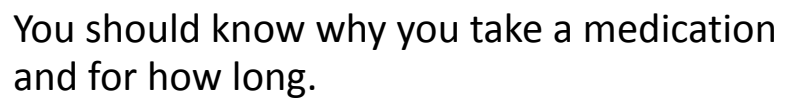
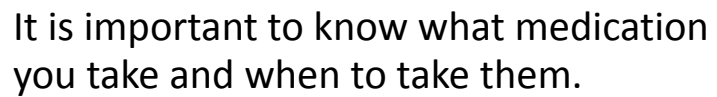
You may take medication to help you be healthy or stay healthy.



You might take some medications for a long time.



Sometimes you may only take medication for a short time, until you don't need it anymore.



You can keep track of your medication with the Healthy Living Medication List.*

***You can find the Healthy Living Medication List in the Resource Section of this EZ-Reader.**



Taking Your Medication



It is important to take your medication the way your doctor tells you.



Take your medication every day at the right times.



Don't skip doses or take more or less of your medication.



Getting Organized



Getting organized can help you take your medication the right way.



A pill organizer is one way to organize your medication.



You can buy pill organizers in many stores.



Pill Organizers



Pill organizers have compartments for each day and time.



You can fill most pill organizers with your medication for up to one week at a time.



A pill organizer can help you make sure to take your medication at the right times.



Medication Dispensers



Medication dispensers are more “high tech” than a pill organizer.



Medication dispensers can be set up to give out your medication at certain times.



Some medication dispensers have alarms or will text you to remind you to take the medication.



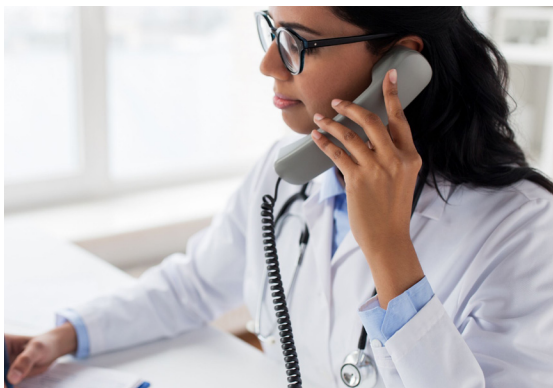
Getting Refills



Getting medication refills is another task you may need to do.



When you are about to run out of medication, you may need to call the pharmacy to get more.



Your doctor will tell the pharmacy to refill your medication.



Information to Share with Pharmacy for Refills



When you call the pharmacy for a refill you will need to tell them your name and birth date.



They may ask you for the medication name and the prescription number.



You can find this information on the bottle or package that your medication came in.



Automatic Refills



You can ask your pharmacy if they will do automatic refills for you.



Automatic refill means the pharmacy can set up the medication you take to refill each month.



They keep track of when you will need more medication and refill it without you asking.



When Your Medication is Ready



The pharmacy will usually let you know when your medication is ready for you.



Sometimes you may need to call the pharmacy and ask if your medication is ready.



Some pharmacies will deliver your medication to your home.



Questions or Problems with Your Medication



Ask your doctor or pharmacist if you have questions about your medication.



Your pharmacist can tell you about possible side effects of your medication.



If you think your medication is making you sick, let your doctor know right away.



Resources

Charting the LifeCourse Healthy Living: Medication List and Tip Sheet

This tool will help you keep track of your medications, why you take them and more.

umkc.canto.com/b/RGJTU

AARP Infographic: What You Need to Know About Medicine Management

www.aarp.org/content/dam/aarp/ppi/2023/5/medicine-management-infographic.pdf

American Heart Association Video: Managing Your Prescription Medication

youtu.be/kN_pls6Zl3k?si=NA5b7p8W1VTitldF

Zufall Health Video: How to Read Your Prescription Label

www.youtube.com/watch?v=hRdGLzylovM



Use this QR Code to visit the links listed in the resources above.

This is one of six Health Care Transition EZ-Readers.

Check out lifecoursetools.com/health-care-transition to download the EZ-Readers and other resources (Side-by-Side Guides, Tools).



Words To Know

Some words in this EZ-Reader might be new to you. You will use them to help manage your medication and health care. Print this page to help you learn these words.

Medication: used to help you get better when you are sick or hurt. It can also help avoid feeling sick. Sometimes called medicine. Examples are pills, inhalers, cough syrup, creams, ointment, sprays, or patches.

Pharmacy: the place you go to get your medication. It can be inside another store, have its own store, or be online.

Pharmacist: a health care worker who gets your medication ready for you. They can tell you about the medications you take and answer your questions.

Medication Dispenser: a small machine that can give out your medication at the right times.

Refill: when you get more medication because you have used it all. Your doctor tells the pharmacist it is okay to give you more.

Prescription: when your doctor says you need medication, they fill out a special paper called a prescription. They send it to your pharmacy to get the medication ready for you.



Center for Transition to Adult Health Care for Youth with Disabilities

The Center for Transition to Adult Health Care for Youth with Disabilities is a national health care transition (HCT) resource center. The goal of the center is to empower youth and young adults with intellectual and developmental disabilities (ID/DD) ages 12-26 to direct their own transition from pediatric to adult care with no reduction in quality of care of gaps in service.

movingtoadulthealthcare.org/toolkits/



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Date:

[illegible]



You might take different medications to help take care of your health. Examples of medications are pills, inhalers, syrups such as cough syrup, creams, ointments, sprays, or patches. It can be hard to keep track of each medication.

This medication list can help you:

- Know the names of each medication you take and why you take it.
- Keep track of how much you take of each medication.
- Remember what time(s) you take each medication.
- List why you take the medication.
- Track when you started and/or stopped taking the medication and who told you to take it.
- Share the information with people who need it to help keep you healthy.

How To Use It

[illegible]

1 This Belongs To:

- Fill in your name or the name of the person this list is about.
- Add the date to know when the list was last updated.

2 About Your Medications

- Fill in the information about your medication including:
 - The name
 - How much you take (i.e., the dosage)
 - When you take it
 - Why you take it
 - When you started and/or stopped taking it
 - Who told you to take it (i.e., who prescribed it)
- Ask for help if you don't know the information

Reminder: It is important to review and update this information regularly.

