



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:

TAKING CHARGE OF HEALTH VISITS

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

www.lifecoursenexus.com

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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: Knowing About Your Health.**

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 download the Toolkit Series.





Moving to Adult Health Care: Taking Charge of Health Visits

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 lifecoursetools.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 four 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 care and disabilities, different kinds of doctors and health care workers, everyday things you do for your health as an adult, as well as health care rights, laws, and decision-making.

In this toolkit, **Moving to Adult Health Care: Taking Charge of Health Visits**, you will learn about self-advocacy in health care. You will learn about how to lead and be heard at your health care visits.





Why Learn About This?



You know your body best. Speaking up for yourself and leading your own health care is part of moving to a healthy adult life. Learning how to be organized and prepared when you see your doctors and other health care workers will help you get most out of your health care visits.

Self-Advocacy



Self-advocacy means speaking up for yourself and what is important to you. Self-advocacy is having a voice of your own and using it. Self-advocacy can help you feel more confident and independent.

Who Can Be a Self-Advocate?

Everyone can be a self-advocate, but for people with intellectual and developmental disabilities (IDD), self-advocacy is even more important. People with IDD have strengths and abilities. They also have unique needs and challenges. You can start learning about and practicing self-advocacy at any age. You can build on your self-advocacy skills throughout your life.

What Do Self-Advocates Do?

Self-advocates speak up to make sure their needs are known and met. They also speak up so others can see their strengths and abilities. Self-advocates take control of their own lives. They get the information they need to make decisions. Self-advocates speak up to drive positive change in their lives.

Speaking Up

In life, we speak up for ourselves in small and big situations. A small situation might be asking for a drink refill at a restaurant. A big situation could be asking your questions about a surgery or new medication they recommend. Think about a time when you spoke up for yourself in a small or big situation.



Key Elements of Self-Advocacy: Know Yourself



Your Own Strengths

- What are your skills or things you do well?
- What are positive things others might say about you?

Your Challenges

- What things are harder for you?
- What are things where you might need to ask for help?

About Your Disability

- How does your disability affect your daily activities?
- How does your disability affect the way you communicate?
- How does your disability affect your social connections and interactions?

What You Need

- Interventions, modifications, accommodations
- Know what is important to you
- Know what you need

How to Get What You Need

- Know your rights and responsibilities
- Know about the laws and rules that protect your rights
- Know how to let others know what you need from them
- Know how your support system can help you

Advocacy for Others or Change



Advocacy is a little different than self-advocacy. Advocacy means:

- Standing up for others to help them live the life they want with the support they need.
- Speaking up for community services that allow people to have choices and control over their support and lives.
- Creating change so all people can have the chance to fully be part of community life.

Other people should not speak for you unless you ask them to. It would be best if you did not speak for others unless they ask you to.



Taking Charge of Your Health Visits



Self-advocacy can help give you some control over your health care. Self-advocacy with your doctors and health care workers can help make sure your wishes are known, respected, and followed. It is a way to have your questions answered.

Taking charge of your health visits means:

- Speaking up for yourself.
- Telling your doctor how you feel.
- Telling your doctor about your health challenges.
- Speaking up when you don't understand something about your appointment or treatment plan.
- Making choices about your health.
- Educating yourself about your needs.

Goals for Your Next Health Visit

Practice taking charge at your next health visit. Think about one thing you want to do. For example, do you want to tell the doctor how you are feeling? Do you want to ask the doctor a question? Write down your goal to help you remember it!

Talking to Your Doctor or Health Care Worker



It is important that you speak up for yourself and your health care needs when talking with your doctor or health care worker. This means telling them:

- What is going on with your health and how you are feeling.
- When you don't understand something.
- Your ideas and opinions about your health.



Talking to Your Doctor or Health Care Worker



When sharing what is happening with your health, let them know how you are feeling and what symptoms you have. Symptoms are something you feel or that is happening that makes you think you might be sick or need to see a doctor.

Examples of symptoms include:

- Runny nose
- Fever
- Stomach Ache

Knowing your symptoms will help the doctor know how to help you feel better. Knowing as much as possible about your health issues will help them come up with the best treatment plan for you.



It can be confusing when hearing information about your health or treatments. You need to speak up or they will assume you understand. Speaking up will help the doctor explain things better in a way that is easier to understand. You might need to tell the doctor what they need to do to help you understand. For example:

- “Can you explain that in a different way?”
- “Can you write it down for me?”
- “What does that word mean?”

It is important to learn about and understand your body so you can speak up. If you have ideas or opinions about your health, share them. It is okay to disagree with your doctor. Be ready to talk about why you disagree and what you think will best work for you.



Making Health Care Choices



There may be a lot of things you will decide about your health care. This may include:

- Planning for a healthy lifestyle (being active and eating healthy).
- Making a treatment plan for your health or specific health issue.
- Deciding about having tests or procedures.
- Deciding about medicines and treatments.
- Choosing your doctors and health care workers.

Making health care choices means getting enough information about your options. You might need to ask your doctor for:

- More information.
- A different format that is easier for you to understand (for example, asking for a video instead of written material).

You may also need to ask a supporter to help you understand the information.

Remember, you can always ask a supporter for advice. This may mean asking them what they think you should do. Or ask them what they would do in your situation.



To learn more about making health care decisions, see the EZ-Reader Understanding Your Legal Rights: Supported Decision-Making



Preparing for a Health Visit



A big part of taking charge of your own health care is being prepared for visits. This includes:

- Things you can do or think about before the visit.
- What to expect and do during the visit.
- The next steps after the visit.

Before the Visit



About Your Appointment

You may need to confirm the appointment. Your doctor or health care provider may contact you by text or email asking if your appointment date and time still works for you. Answering “yes” to the text or email means you are confirming, or letting them know, you will be there.

Think about if you want to bring someone with you to your appointment to help support you.

- Who would you ask to be with you at your appointment?
- Ask them ahead of time if possible so they can let you know if it will work with their schedule.

Think about how you will get to your appointment.

- Can your support person give you a ride?
- Is there public transportation or ride-share you could use?



What to Bring to Your Appointment



Decide what you need to bring to your appointment. This might be a little different based on what kind of health care worker you see. You can always ask your doctor or health care worker what they want you to bring. Things to consider taking to most appointments:

- **Photo identification (ID)** – This could be a driver’s license or state-issued identification card. The doctor’s office will often want to see your ID and they might take a photo of it for their files.
- **Health insurance card** – If you have private health insurance, Medicaid, or both, bring those cards to your appointment. The doctor’s office may want to take a photo of your card(s) for their files.
- **Medication list** – Your doctor will usually ask what medications you are taking. Keeping your list up-to-date and bringing it with you will help you answer questions about your medications.
- **Health Information** – if you have a health information document, plan to bring it to your appointment. This might include information about:
 - Your disability and how it affects you.
 - Any other ongoing health issues you might have (for example, if you are diabetic or have epilepsy).
 - Your health history.
- A way to pay if you owe money for your appointment.

For doctor and other health-related appointments, you may have a **co-pay**. A co-pay is your share of what the appointment costs after the insurance pays. You can learn more about how health insurance works in the next toolkit of the series.

What to Bring

As you just learned, there are many things you might need to bring to your appointment. Do you know what each of these items are? Do you know where you can find all these items? Talking to a family member or supporter can help you get ready and make sure you have everything you need.



Plan What to Talk About at Your Appointment



It is important to be clear about why you are going to your health care appointment. Are you going for a regular check-up? Are you going because you are sick or hurt? Is it a follow-up from a previous appointment? Here are some ways you can be prepared for your health care visits.

Be ready to talk about what is going on with your health.

Write down and be ready to talk about your symptoms. Symptoms are how you feel when you are sick or hurt. For example:

- Do you have pain in one or more parts of your body?
- Have you had an upset stomach?
- Have you felt extra tired or just not felt well?

It's best to be ready to give as much information and detail as possible. Even if you are not sure if something is important, go ahead and tell your doctor. It might help them know what is making you ill and how to help you feel better.



Make a list of questions you want to ask at your appointment.

It is easy to get nervous when you are at your appointment and forget what you want to ask or talk about. Making a list of questions or concerns ahead of time will help you:

- Remember and have better conversations with your doctor and other healthcare workers.
- Make the most of your time with the doctor and others.

Talk with a supporter about what you can expect while at your health care visit.

Discuss how the doctor might examine you or touch different body parts during an exam. You could even practice things like checking in when you arrive or paying for the visit.

Let your doctor know if you have had any other health care appointments recently.

This lets them know if other doctors or health care workers might have important information about your health.



During the Visit



There are things you can do to get the most out of your health care visits. You may only have a short amount of time with your doctor or health care worker. A lot can happen during that short time, so it is important to be ready and organized. One of the things you can do is take a supporter with you. If you take someone with you to your health care visit, make sure they know how you want them to support you.

You may ask a supporter to:

- Take notes during the visit to help you remember what happened and what was talked about.
- Write down any instructions or other important information your doctor shares with you.
- Help you understand information or instructions.
- Write down the answers to your questions.
- Give you ideas of more questions to ask as the visit goes on.
- Get information differently or explain things in plain language.



Sometimes it can be overwhelming to visit the doctor. You might get nervous and find it hard to talk about your health or your needs. It is always best if you can be the one talking to your doctor. But if there are things that are hard for you to talk about, you can ask your supporter to talk to the doctor for you. Remember, no one should ever speak on your behalf unless you ask them to or say it is okay.

Remember, your supporter can be anyone you choose. It may be a parent, sibling, other family member, or friend. The main thing is they agree to go to the appointment with you and act according to your wishes. It is important to be clear with your supporter on what you want them to do or not do during your appointment.





More Ways to Take Charge of Your Visit



Make sure the doctor speaks directly to you and not your support person.

It is okay to remind doctors and health care workers to direct questions and conversations to you and not to your supporter.

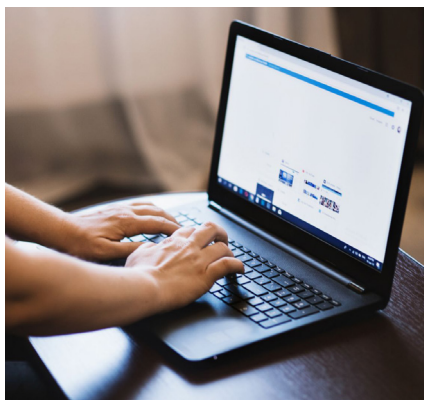
You can ask the doctor to speak slowly and clearly and to use simple words to explain things.

You have the right to ask for information and materials in a format that works best for you. For example, if reading is hard, you can request information in a video or pictures.

You can ask the doctor to explain what they are doing before they touch or examine you.

You can also let them know about anything they may do that you are nervous or worried about. For example, if you are scared or upset by needles, the doctor may have ways to help you feel more at ease or relaxed before a blood test or a shot.

Keeping Track of What Happens At Your Visit



Ask your doctor if they have a patient portal. This is a website you can use for keeping track of your health care visits and information. Most patient portals will let you see your personal health information, including notes your doctor writes about your health care visits. You can also see test results and other information. You may be able to message questions to your doctor through the portal.

Your doctor's office may be able to print a summary of your visit before you leave. This could include details about your visit, such as why you went, what the doctor found and any diagnosis that was made.



Things To Know or Do After Your Appointment



Be clear about next steps before you leave the health care visit. Review everything discussed with your doctor before leaving. Ask for clarification if you don't understand. Make sure you understand the next steps or any follow-up you need to do after the visit. Below are things to know or do after your appointment.

Do you need to schedule another appointment?

- If so, schedule it before you leave.
- Ask for a reminder card if that is helpful.
- Add the new appointment to your calendar.

Do you need to see a specialist? Will you need a referral?

- Find out if the doctor's office will schedule the specialist appointment or if you need to call yourself.

Are there any changes to your medication?

- Your doctor will order any new medications or refills from the pharmacy for you.
- Pick up your medication from the pharmacy.
- Go over any directions for taking your medication with your pharmacist.
- Update your medication list if there are any changes.

Review your appointment after you get home.

- Look over what you and the doctor discussed and any directions.
- You may want to do this with your supporter.
- If you have questions, you can call your doctor's office.



Today's Health Care Visit

It can feel like a lot going to a health care appointment. To make it easier, you can use the Today's Health Care Visit tool to help. It can help you:

- Get ready for your appointment.
- Talk to your doctor or health care worker.
- Remember what happened.
- Keep track of any changes or instructions.

You can find and download Today's Health Care Visit and Tip Sheet in the resource section.





► 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. Answer any questions they might have. Use real life details to illustrate points. Stop and share stories or details as you go.

► Self-Advocacy and Taking Charge of Your Health Visits



Learn.

Together, read the information on self-advocacy in this guide. Then select a few websites about self-advocacy in the resource section and either watch the videos or read through the information together.

Talk.

Discuss things that the youth has advocated for in their own life. Ask about times they had to speak up and make sure their voice was heard. Share a time that you advocated for your health care rights or something that was important to you.

Do.

Communication is an important part of advocating for your health care rights. Role play with the youth about talking with their doctor or health care worker about what is important to them or what they want. First, you play the role of the patient and ask the youth to play the role of the doctor. Then trade roles.



► Preparing for a Health Visit



Learn.

Together, read the information on preparing for a health care visit in this guide. Then select a few websites about preparing for a health care visit in the resource section and either watch the videos or read through the information together.



Talk.

Before an upcoming health care appointment, talk with the youth about any fears or concerns they have. Reassure the youth that it is normal to feel stress when going to the doctor or before a procedure. Talk about some ideas for feeling more at ease during the appointment. After the appointment, spend some time debriefing. Ask the youth what they thought went well and what could have been better. Discuss what happened at the appointment and if they understood everything that happened or was talked about.





Moving to Adult Health Care: Taking Charge of Health Visits

FOR SUPPORTERS



► Learn. Talk. Do. For Supporters

Healthy Living | Today's Health Care Visit

FILL OUT THIS PAGE BEFORE GOING TO THE VISIT

My Name: _____

Supporter (if needed): _____

ABOUT MY APPOINTMENT:

Date of Appointment _____ Who is with me today? _____

Appointment Type (check one): ☐ Family Doctor ☐ Specialist (specify what kind) _____

☐ Eye ☐ Dentist ☐ Other(x-ray, therapy, lab) ☐ Walk-in Clinic ☐ Urgent Care ☐ Hospital/ER Visit

THINGS TO BRING WITH ME:

☐ My ID ☐ Medication List ☐ Health Insurance Card ☐ Medicaid/Medicare Card ☐ Way of Payment

Other: _____ Other: _____ Other: _____

REASON FOR MY VISIT:

Why am I at the doctor or health care provider today?

☐ Feeling Sick ☐ Injured/Hurt ☐ Regular Checkup/Physical ☐ Medication Refill/Change

Have any of these things been bothering me in the last week or longer? (check if yes)

☐ Pain	☐ Head	☐ Throat	☐ Skin
☐ Falls/Dizziness	☐ Eyes	☐ Heart	☐ Arm/Hands
☐ Sleeping	☐ Ears	☐ Breathing	☐ Leg/Feet
☐ No Energy/Tired	☐ Nose	☐ Stomach	☐ Medication
☐ Emotions/Feelings	☐ Mouth/Throat	☐ Going to Bathroom	☐ Sexual Health

Describe what is going on:

Have I been seen for this reason before? Yes/No

QUESTIONS I WANT TO ASK TODAY:

Healthy Living | Today's Health Care Visit

FILL OUT THIS PAGE DURING OR AFTER THE VISIT

WHAT DID WE TALK ABOUT AND DO?

NEXT STEPS

Things I need like: tests, exams, X-rays or bloodwork; follow-up visits with this doctor; appointments with a different doctor or health care worker, ways I can be healthier at home.

MEDICATIONS: WERE THERE ANY CHANGES TO MY MEDICATION? ☐ YES ☐ NO

Fill out for my new medication(s):

My New Medication:	How Much I Take:	Time of Day I Take This Medication:	Why I Take This Medication?	I Start Taking This Medication On:	I Stop Taking This Medication On:	I Was Told to Take This Medication By:
Ex: Aspirin	Ex: 81 mg	Morning Afternoon Evening Bedtime	Ex: My Heart	Ex: Feb 4, 2023	Ex: Mar 24, 2024	Ex: Dr. Smith

List medications I should stop taking, or other things I should know about my medications:

✓ Do.

Before an upcoming appointment, help the youth fill out the tool **Today's Health Care Visit**. Download the tool and tips sheet in the resource section. The tips sheet will assist you and the youth in completing the tool. Help the youth gather everything they need to fill out the first page before the visit and take to the visit. Brainstorm with them and write down a list of questions they want to ask at the visit.

If you go with the youth to the health care visit, discuss ahead of time how they want you to support them. This might include helping by taking notes, or helping them understand information. During and after the visit, assist the youth to fill out the second page of Today's Health Care Visit. This might include updating their medication list, writing down answers to questions or taking notes on the doctor's instructions.





ADDITIONAL RESOURCES

► Resources

- Charting the LifeCourse Healthy Living: Today's Health Care Visit and Tip Sheet
umkc.canto.com/b/J8FJJ
- Self-Advocacy Resource and Technical Assistance Center (SARTAC) – Video: “What is Self-Advocacy?”
selfadvocacyinfo.org/self-advocacy/
- OHSU – Fact Sheet: Supporting Self-Advocacy
www.ohsu.edu/sites/default/files/2022-08/FS_01.pdf
- OHSU – Fact Sheet: Helping with Communicating with the Doctor
www.ohsu.edu/sites/default/files/2022-08/FS_03.pdf
- OHSU – Fact Sheet: Supporting Someone Who is Going to the Doctor
www.ohsu.edu/sites/default/files/2022-08/FS_02.pdf
- Pacer Center – “Building Self-Advocacy and Self-Care Management Skills”
www.pacer.org/transition/learning-center/health/building-self-advocacy.asp
- Pacer Center – Video: “How Do You Prepare for a Medical Appointment?”
www.pacer.org/transition/learning-center/health/building-self-advocacy.asp
- Pacer Center - Video: “Schedule a Medical Appointment”
www.pacer.org/transition/video/player.asp?video=169
- Got Transition Video – “What is Health Care Transition -HCT 101”
www.youtube.com/watch?v=7c_J8x_R-zM



*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/



Developed by:



LifeCourse Nexus

Training and Technical Assistance Center

UMKC Institute for Human Development • UCEDD

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Taking Charge of Health Visits:

MAKING A HEALTH CARE APPOINTMENT



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What Is This and Who Is This For?

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

This EZ-Reader, **Making a Health Care Appointment**, is to help you learn about how to schedule a visit with a health care provider. Different providers may have slightly different ways to make appointments. This EZ-Reader gives some basic information about appointments that should be similar for most providers. You may see different kinds of providers – for example, doctors, therapists, and nurse practitioners. For ease of reading, we will refer to health care providers as “doctors” in this EZ-Reader.



How to Use the EZ-Reader



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



You can read this booklet by yourself.



You can ask someone to read it with you.



Making Health Care Appointment



As an adult, you will do more to manage your health care.



One of the things you may do is make appointments with your doctor.



You can ask someone to help if you need it.



What To Have Ready Before You Call



Having a few things on hand may help the call go easier.



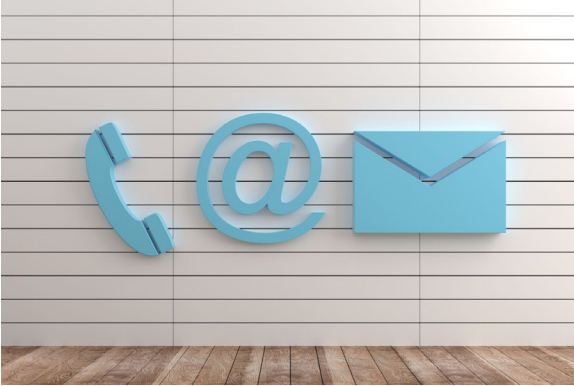
If you have health insurance, keep your card close, or write down your policy and identification number.



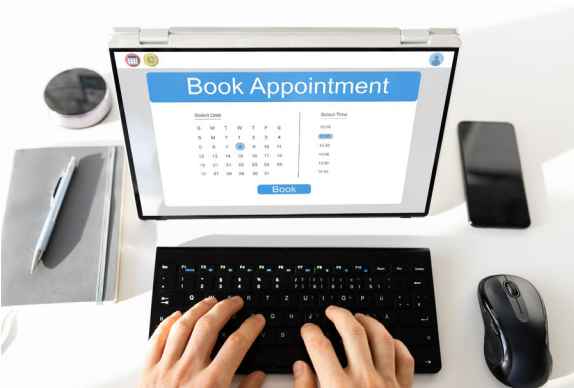
Having your calendar will help you schedule a time that works best for you.



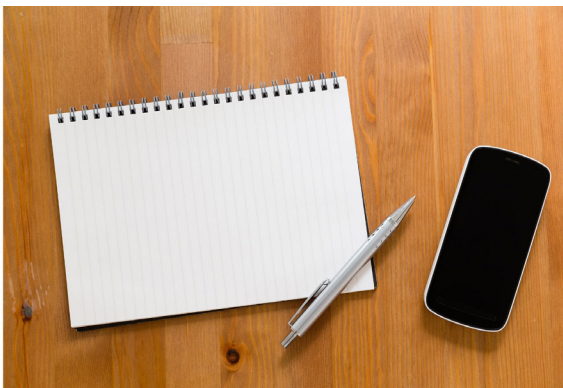
Other Things to Have Ready Before You Call



Be ready to share your contact information (address, phone number, email) in case the office needs to reach you.



You will probably need to provide your birth date when setting up an appointment.



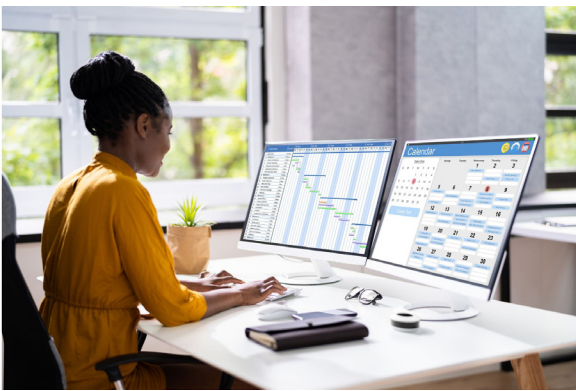
Have pen and paper ready to write down important information.



When You Call



When you call, you will usually speak with a scheduler.



A scheduler is someone who will help you make an appointment



You can let them know if you need to see the doctor right away or if you can wait until later.



If You Hear a Message



Some doctor's offices have a recorded message with steps to follow before you talk to a live person.



Listen carefully to the message so you know what to do next.



You may need to leave a message to get a callback.



What to Say



Say hello and tell them your name.



Tell them you are calling to schedule an appointment.



Tell them the name of the doctor you want to see.



What Else to Say



WHY?

You will need to tell the scheduler why you need an appointment.



You might make an appointment because you are sick or hurt.



You also might make an appointment for a yearly exam or to get a shot.



If This is Your First Appointment



Tell the scheduler you are a new patient.



You may need to answer extra questions.



They might send you paperwork to fill out before your visit.



Choosing an Appointment Date and Time



Ask for a time that works best for you when scheduling your visit.



Have an idea of a time and day that works best for you before you call.



Some offices may offer evening or weekend appointments.



Other Things to Ask



Let the scheduler know if you need a longer time for your visit.



Extra time can help you talk to the doctor about everything you want.



You can ask for a call, text, or email to remind you about your visit.



Before You Hang Up



Before you end the call, confirm the day and time of your visit.



Ask if there is anything you need to bring on your appointment day.



Ask any other questions you may have about your appointment.



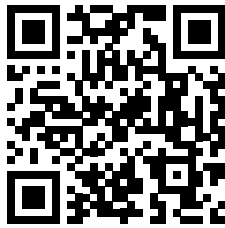
Resources

Washington State Department of Health Video - How To: Schedule a Doctor's Appointment

www.youtube.com/watch?v=1mS0wsNP47U

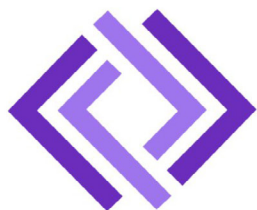
Pacer Center Video - Schedule a Medical Appointment

www.pacer.org/transition/video/player.asp?video=169



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).***



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/



Developed by:



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UMKC Institute for Human Development • UCEDD

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www.lifecoursenexus.com

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Healthy Living | Today's Health Care Visit

FILL OUT THIS PAGE **BEFORE** GOING TO THE VISIT

My Name: _____

Supporter (if needed): _____

ABOUT MY APPOINTMENT:

Date of Appointment _____ Who is with me today? _____
Appointment Type (check one): ☐ Family Doctor ☐ Specialist (specify what kind) _____
☐ Eye ☐ Dentist ☐ Other(x-ray, therapy, lab) ☐ Walk-In Clinic ☐ Urgent Care ☐ Hospital/ER Visit

THINGS TO BRING WITH ME:

☐ My ID ☐ Medication List ☐ Health Insurance Card ☐ Medicaid/Medicare Card ☐ Way of Payment
☐ Other: _____ ☐ Other: _____ ☐ Other: _____

REASON FOR MY VISIT:

Why am I at the doctor or health care provider today?

☐ Feeling Sick ☐ Injured/Hurt ☐ Regular Checkup/Physical ☐ Medication Refill/Change

Have any of these things been bothering me in the last week or longer? (check if yes)

☐ Pain	☐ Head	☐ Throat	☐ Skin
☐ Falls/Dizziness	☐ Eyes	☐ Heart	☐ Arm/Hands
☐ Sleeping	☐ Ears	☐ Breathing	☐ Leg/Feet
☐ No Energy/Tired	☐ Nose	☐ Stomach	☐ Medication
☐ Emotions/Feelings	☐ Mouth/Throat	☐ Going to Bathroom	☐ Sexual Health

Describe what is going on:

Have I been seen for this reason before? Yes No

QUESTIONS I WANT TO ASK TODAY:



FILL OUT THIS PAGE DURING OR AFTER THE VISIT

WHAT DID WE TALK ABOUT AND DO?

NEXT STEPS

Things I need like: tests, exams, X-rays or bloodwork; follow-up visits with this doctor; appointments with a different doctor or health care worker, ways I can be healthier at home.

MEDICATIONS: WERE THERE ANY CHANGES TO MY MEDICATION? YES NO

Fill out for my new medication(s):

 My New Medication:	 How Much I Take:	Time of Day I Take This Medication:				 Why I Take This Medication?	 I Start Taking This Medication On:	 I Stop Taking This Medication On:	 I Was Told to Take This Medication By:
		 Morning	 Afternoon	 Evening	 Bedtime				
Ex: Aspirin	Ex: 81 mg	✓		✓		Ex: My Heart	Ex: Feb 4, 2023	Ex: Mar 24, 2024	Ex: Dr. Smith

List medications I should stop taking, or other things I should know about my medications:



Overview

Today's Health Care Visit is a tool to help you before, during, and after a health care appointment. This tool is organized into two major sections: Before Your Appointment, and During and After Your Appointment.

It can help you:

- Before Your Appointment: prepare for your upcoming visit, help you get organized
- During and After Your Appointment: talk to your doctor or health care provider, help you remember what happened, keep track of any changes or instructions

How To Use It

Before Your Appointment

Going to the doctor or other health care appointments can be stressful. When you visit a health care provider, you often have a short time that you actually are in the room with them. It is easy to forget what we want to say or the questions we need to ask. Filling out the first page of **Today's Health Care Visit** can help you know what to bring and feel ready.

The form is titled "Healthy Living | Today's Health Care Visit" and includes the instruction "FILL OUT THIS PAGE BEFORE GOING TO THE VISIT". It contains several sections: "My Name:", "Supporter (if needed):", "ABOUT MY APPOINTMENT:" (with fields for Date of Appointment, Who is with me today?, Appointment Type, and Eye/Dentist/Other), "THINGS TO BRING WITH ME:" (with fields for My ID, Medication List, Health Insurance Card, Medicaid/Medicare Card, Way of Payment, and Other), "REASON FOR MY VISIT:" (with a table for symptoms and a section for "Have any of these things been bothering me in the last week or longer?"), "QUESTIONS I WANT TO ASK TODAY:", and a footer with "Charting the LifeCourse Framework and Tools" and copyright information.

___ Pain	___ Head	___ Throat	___ Skin
___ Falls/Dizziness	___ Eyes	___ Heart	___ Arm/Hands
___ Sleeping	___ Ears	___ Breathing	___ Leg/Feet
___ No Energy/Tired	___ Nose	___ Stomach	___ Medication
___ Emotions/Feelings	___ Mouth/Throat	___ Going to Bathroom	___ Sexual Health

About My Appointment

- Fill in information about your appointment.

This includes:

- The date
- Who will go with you
- What kind of appointment

Things to Bring With Me

- Bring any documents you may need. Usually, your doctor's office will tell you what to bring.
- Bring a way to pay if you owe money after the appointment.

Reasons for My Visit

- Know why you are going to the appointment and what symptoms you have.
- Symptoms are how you feel when you're sick or hurt.
- Sharing your symptoms and asking questions will help you talk at your appointment.

Questions I Want to Ask Today

- Writing down your questions or concerns ahead of time will help you make the most of the time with your doctor or provider.





How To Use It

During and After Your Appointment

It can be hard to remember what happened or what you talked about during your health care appointment. Filling out the second page of Today's Health Care Visit can help you recap your appointment. It can also help you share the information with others, such as a family member, staff, or another health care provider.

 **Healthy Living | Today's Health Care Visit**

FILL OUT THIS PAGE DURING OR AFTER THE VISIT

WHAT DID WE TALK ABOUT AND DO?

NEXT STEPS
Things I need like: tests, exams, X-rays or bloodwork; follow-up visits with this doctor; appointments with a different doctor or health care worker, ways I can be healthier at home.

MEDICATIONS: WERE THERE ANY CHANGES TO MY MEDICATION? ☐ YES ☐ NO

Fill out for my new medication(s):

My New Medication:	How Much I Take:	Time of Day I Take This Medication:				Why I Take This Medication?	I Start Taking This Medication On:	I Stop Taking This Medication On:	I Was Told to Take This Medication By:
		Morning	Afternoon	Evening	Bedtime				
Ex: Aspirin	Ex: 81 mg	☒			☒	Ex: My Heart	Ex: Feb 4, 2023	Ex: Mar 24, 2024	Ex: Dr. Smith

List medications I should stop taking, or other things I should know about my medications:



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What Did We Talk About and Do?

- Describe what happened during your visit with the health care provider.

Next Steps

- Make note of any directions or next steps from your health care provider.
 - For example, they may want you to get an x-ray or make a follow-up appointment.

Medications

- Keep track of new medications.
- Update changes to current medication.

