



How Well Do You Know Your Health Care Needs?

For Teens and Young Adults

Fill this out to see what you already know and the areas you need to learn more about. This information can help you make a portable medical summary, which is important to bring to new doctors.

- Take this home. Have your parents and/or your teachers, school nurse, social worker or IEP team help you fill it out. Use an extra sheet of paper if you need more space to answer the questions.
- Ask your doctor's office to help fill in the gaps at your next visit.

1) List the names of your doctors and what you see them for:

Name	See for	Name	See for

2) Describe your health conditions and how they will change as you get older:

3) How do your health conditions affect your daily life?

4) What treatments do you need on a regular basis (i.e., respiratory care, bladder care, wound care, etc.)?

Treatment	Why you need this	How often is it needed	Who does the treatment/ procedure

5) Describe any special equipment you use and why you need it:

Equipment you have	How it is used

6) Complete the following chart about your medications:

Name of medicine	Dosage (how many you take)	Time (when you take it)	Why you take it	What happens if you skip it	Possible side effects

7) Where do you get your prescriptions, medical equipment and supplies?

Prescriptions:	
Equipment:	
Supplies:	

8) How do you know when you need to see a doctor?

9) How do you know when to call 911?

10) How do smoking, drinking and using drugs affect your condition?

11) How does your condition affect sexuality?

12) What do you do to stay healthy (diet, exercise, handling stress, etc.)?

13) What is the name of your health insurance company?

14) What do you do if you have questions about your insurance?

15) What will you do for insurance as an adult?

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