Health Issues for Transition from Secondary to Post-Secondary School

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Health condition:
• Understands body systems involved and how condition affects them
• Able to describe condition to others
• Able to determine when condition is worsening, when secondary disabilities are occurring (decubiti urinary tract infection, constipation, contractures, etc.)
• Knows what equipment does and how to fix minor problems
• Knows names of medications, their actions, and side effects, and takes medications independently (or can instruct attendant); able to do treatments or instruct attendant
• Able to describe accommodations needed and whether they are effective
• Has someone to talk with for coping/mental health issues/problem solving
• Knows how condition affects sexuality; has considered birth control, safe sex, reproductive concerns (genetics, pregnancy); able to care for menstrual needs
• Knows how drugs/alcohol/foods affect illness/disability and interact with medications

Providers:
• Knows who primary care provider and specialists are (name, address, phone, how to contact); has had experience talking with these people by him/her self—makes own appointments, asks questions
• Has a plan for getting help in an emergency
• Knows how to contact pharmacies and equipment and other health-related providers
• Has plans for finding or has found new providers in new location, and adult providers if still seeing pediatricians
• Has started process to transfer records to providers in the area of new school/work setting

Insurance:
• Knows insurance plans name, address, case manager contact information
• Knows what benefits are covered and not covered
• Talks with someone in “benefits” at the school if covered by the group insurance at school

Housing, etc.
• Has found housing that has accommodations needed so will have nutritional, safety, and rest needs met.
• Has a personal attendant or plans to hire one if needed for personal care
• Has a plan for housekeeping help if needed
• Has plans for having fun in health promoting way
• Has plans for transportation
• Can advocate for self