

My journey to independence: How to manage my own health



Taking charge of your health is a process that takes time and can start well before you transition to adult health care providers.

Ask your pediatric care team for advice about what steps you need to take and when to take them.

Ask your parents/caregivers how to prepare for managing your own health. They have been overseeing your care for years and have a good understanding of your needs. Ask what steps you can start now.

Start meeting with your provider(s) alone for at least part of your appointments. (Ask your providers and parents/caregivers when they think you should start doing this.)

Ask your provider(s) and parents/caregivers what skills you need to develop to manage your health. Things to consider include knowing about your condition, the medications you take, and about any allergies you have; learning how to communicate with your providers; making health care decisions, etc.

