

Health Issues for Transition from Secondary to Post-Secondary School

Kathy Blomquist, RN, PhD, KY Teach Project Grant Manager
Commission for Children with Special Health Care Needs
333 Waller Avenue, Suite 300; Lexington, KY 40504
Phone: (859) 252-3170 x 227; Fax: 859-225-7155
e-mail: KathyB.Blomquist@mail.state.ky.us

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