



# Learning About Adult Health Care

## A Health Care Transition EZ-Reader



**Department of  
Developmental  
Disabilities**



**UCCEDD**  
University of Cincinnati Center for  
Excellence in Developmental Disabilities

## What Is This?

This is one in a series of 6 booklets. They are meant to help you learn about moving to adult healthcare and healthy living.

This EZ-Reader, **Learning About Adult Health Care: Different Kinds of Doctors and Specialists**, is to help you learn about the different kinds of doctors you see now or might see as you get older. It is meant to help you understand what each kind of doctor or health care worker can do for you.

## How to Use the EZ-Reader



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



You might be able to read this booklet by yourself.



You can also ask someone to read it with you.

## Knowing About Your Health



You will soon be an adult and can take charge of your own health care.



It is important to know how your disability affects your overall health and way of life.



You will need to explain your disability and needs to others.



## Your Health Care Providers



Do you know the names of the doctors and other health care workers you see?



Do you know why you see each doctor or health care worker and what they do for you?



Create a list of your doctor's and health care worker's names and how to contact each one. (The Resource section has examples of lists).

## Your Medications



You might take medicines that help you take care of your health.



You should know the names of each medicine and why you take it.



You may need to share this information with your doctors and others.

## More About Your Medications



Keep a list of the medicines that you take and why you take it.



Add to the list what time you take each medicine, how often and the way you take it.



The resource section has examples of lists you can use to keep track of your medicines.

## Different Kinds of Doctors



You see doctors to get and stay healthy.



You see different doctors for different things.



There are general and specialty doctors.



## Pediatrician



A **pediatrician** is a doctor who specializes in treating babies, children and teenagers.



A pediatrician keeps you up to date on vaccines, shots and checking for health issues.



A pediatrician checks to see if a baby, child or teenager is on track with their physical and mental development.



## Family Physician



A **family physician** is a doctor that sees people for many different things.



A family physician gives health care to people of all ages. They see children and adults.



A family physician is sometimes called a **general practitioner**.

## What Do They Do?



A family physician can see you for regular check-ups.



A family physician can see you when you are feeling sick.



A family physician treats many common things like the cold, flu, cough, sore throat or minor injuries, like a sprained ankle.

## Internal Medicine



An **internist**, or **internal medicine doctor**, cares mainly for adults.



Internists might also see older teens who will soon be adults.



Internists provide the same kind of care that family physicians do.

## What Is a Specialist?



You may see another kind of doctor called a **specialist**.



A specialist can help you with specific health issues.



A specialist is trained to know a lot about one type of illness or part of the body.



## Pediatric Specialists



As a child you might have seen **pediatric specialists**.



Pediatric specialists treat one type of illness or body part in children.



When you are an adult, you will see specialists that take care of adults.



## Types of Specialists



An **orthopedic doctor** takes care of bones and muscles.



A **neurologist** takes care of the brain and nervous system.



An **oncologist** treats cancer and other growths.

## Types of Specialists



A **cardiologist** takes care of the heart.



A **pulmonologist** takes care of the lungs and breathing.



An **ophthalmologist** takes care of the eyes.

## Types of Specialists



A **dermatologist** takes care of skin, hair and nails.



An **endocrinologist** takes care of people who have diabetes or thyroid issues.



A **gastroenterologist** treats stomach, bowel and colon issues.

## Surgeon



Another kind of specialist you might see is a **surgeon**.



Surgeons treat conditions that might need an operation.



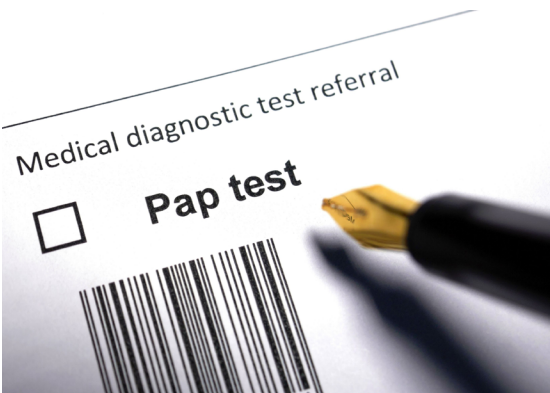
Some surgeons focus on just one body part or area.



## Reproductive Health



A **gynecologist** is a doctor for regular well-woman visits.



Gynecologists do a pap-test and exam to make sure the uterus and ovaries are healthy.



Some gynecologists are also **obstetricians** who see pregnant women and deliver babies.



## Different Kinds of Health Care Workers



There are many different kinds of health care workers.



Health care workers can be nurses, psychologists, therapists and others.



It is important to know about the different kinds of health care workers.

## Types of Therapists



A **physical therapist** helps improve movement or manage pain.



An **occupational therapist** helps with daily living activities.



A **speech therapist** helps to speak more clearly or to communicate better.

## Mental Health



A **psychiatrist** is a medical doctor who treats mental, emotional and behavioral disorders. They can prescribe medication.



A **psychologist** treats mental health issues but does not prescribe medication.



Both can help if you feel sad, anxious, or angry.



## Know Your Specialists



It's important for you to know what specialists you have been seeing.



Ask if the specialists can see you as an adult.



If not, find specialists that treat adults.

## Resources

### ***Charting the LifeCourse Healthy Living: Medication List***

This tool will help you keep track of what medications you take, why you take them and more.

[umkc.box.com/shared/static/6xaslmfgdzmx3nbtri4fkgaxbct9vqx.pdf](https://umkc.box.com/shared/static/6xaslmfgdzmx3nbtri4fkgaxbct9vqx.pdf)

### ***Charting the LifeCourse Healthy Living: Medical Provider List***

This tool will help you keep track of your medical providers, why you see them and more.

<https://umkc.box.com/shared/static/xoxco6qto09db2j5tpgc0907celwa6yn.pdf>

### ***Got Transition: Frequently Asked Questions about Health Care Transition, for youth and families.***

[www.gottransition.org/youth-and-young-adults/frequently-asked-questions.cfm](http://www.gottransition.org/youth-and-young-adults/frequently-asked-questions.cfm)

### ***Utah Medical Home Portal – Care Notebook***

This series of 4 links will help you make a list of your health care providers with contact information.

<https://www.medicalhomeportal.org/link/8195>

<https://www.medicalhomeportal.org/link/8196>

<https://www.medicalhomeportal.org/link/8197>

<https://www.medicalhomeportal.org/link/8198>

### ***25 Types of Doctors & what they do for Patients' Health - Good Housekeeping***

<https://www.goodhousekeeping.com/health/wellness/a33863644/types-of-doctors/>

### ***What are the Different Types of Doctors?***

<https://www.webmd.com/health-insurance/insurance-doctor-types>

### ***Types of Doctors – 20 Types of Specialists***

<https://www.youtube.com/watch?v=SwOph2acW7M>

### ***SKOOLL – Which Doctor Treats What Disease?***

[https://www.youtube.com/watch?v=Ku\\_iqEElWIA](https://www.youtube.com/watch?v=Ku_iqEElWIA)



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**LifeCourse Nexus**

Training and Technical Assistance Center  
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