



Learning About Health Care Transition



Facilitator Guide



**Department of
Developmental
Disabilities**

UCCEDD
University of Cincinnati Center for
Excellence in Developmental Disabilities



LifeCourse Nexus
Training and Technical Assistance Center
UMKC Institute for Human Development • UCEDD

Learning About Adult Health Care Facilitator Guide

Training Description

This training will help young adults learn about the different doctors they may see now or as they transition to adult health care. It is meant to help young adults understand what each doctor or health care worker does. This training goes along with the EZ-Reader *Learning About Adult Health Care*.

Audience

Young people transitioning into adulthood.

Time

30 minutes

Materials

To facilitate this training, you will need:

- PowerPoint presentation
- Facilitator Guide
- Computer
- Projector (if in person)
- Audio
- EZ-Reader
- Worksheets (see appendix)
- Chart paper
- Sticky notes
- Markers, highlighters, pens and pencils

Learning Objectives

The participant will:

1. Recognize and share individual health care needs
2. Identify the different doctors, specialists, therapists and health care workers
3. Organize and share information about personal health care

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Facilitator Notes

This training is scripted with additional ways you can engage participants. Please review this Facilitator Guide and the notes section of the PowerPoint before you begin the training. This training can be presented by a trainer or co-trainers. There will be opportunities for an additional trainer or a person with lived experience to share their experiences throughout the training.

Vocabulary on the Facilitator Guide:

- **Read Slide**—read word for word from the slide.
- **SAY**—read the script provided (sentences are not on the slide—they are available for extra ways to discuss the slide)
- **ASK**—read the scripted questions (additional ways to engage the participants added if no response)
- Person with lived experience—self-advocate or family member

Key Words

Pediatrician—a doctor that treats babies, children and teenagers for health issues.

Family Physician—a doctor that provides health care to people of all ages.

Internist—a doctor who provides health care for adults.

Specialist—a doctor who specializes in a specific health care issue.

Surgeon—a doctor that performs operations on specific health care issues.

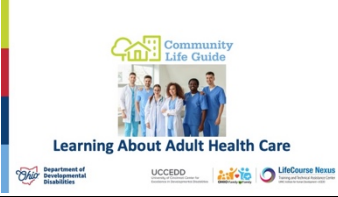
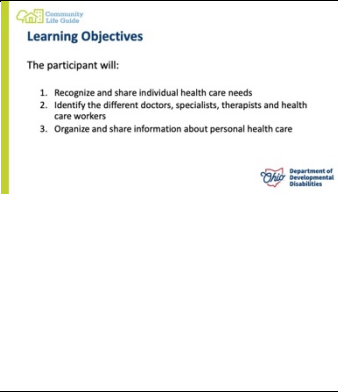
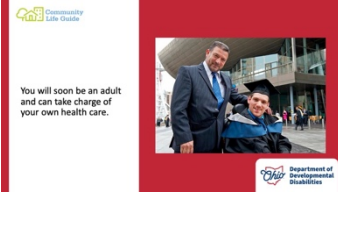
Gynecologist—a doctor who checks on the reproductive health of women.

Health Care Worker—medical professionals who specialize in health care issues (i.e., nurses, psychologists, therapists, etc.).



Obstetrician—a doctor who treats women and delivers babies.

Psychiatrist—a doctor who treats mental, emotional and behavioral disorders.


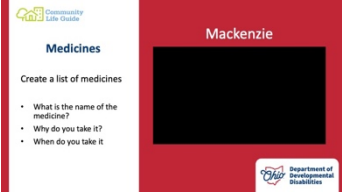

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Discussion Points and Learning Activity	Materials/Slide	Co-trainer or Person With Lived Experience
Section 1 – Introduction 1-2 minutes		
<p>SAY: We are going to learn more about Health Care as an adult. We will refer to the EZ-Reader <i>Learning About Adult Health Care</i> throughout the training. A learning activities will be completed in the training. Please ask questions as we go through.</p>		
<p>SAY: In the training today, we will talk about the importance of knowing and understanding your disability.</p> <p>Knowing the differences between:</p> <ul style="list-style-type: none"> • Doctors • Specialists • Therapists • Health care workers <p>And, making lists of medication and doctors to better understand and organize information about your adult health care.</p>		
Section 2 – Do You Know About Your Health Care? 5 minutes		
<p>Read Slide</p> <p>SAY: It is important to know how your disability affects your overall health and way of life.</p>		<p>Share ways your parents have helped.</p>


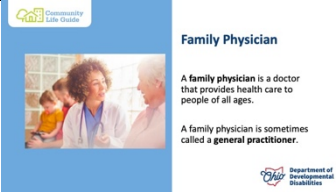


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Discussion Points and Learning Activity	Materials/Slide	Co-trainer or Person With Lived Experience
<p>Facilitator Notes: <i>This slide is to get participants aware of how to express their needs.</i></p> <p>Read Slide SAY: Can you share your disability with someone who does not know you?</p> <p>ASK: How can you get the information?</p> <p>Facilitator's Notes: <i>Help participants with possible answers:</i></p> <ul style="list-style-type: none"> • <i>Parents</i> • <i>Teachers</i> • <i>Siblings</i> <p>ASK: If you do not know what your disability is, can you share some things you do different or need help with?</p>		<p>Talk about how you share the information (notecard, verbally, AAC, etc.).</p>
<p>Read Slide</p> <p>ASK: Do you know why you see each doctor or health care worker? What do they do?</p> <p>Facilitator Notes: <i>Participants may share if they feel comfortable. Possible examples to help sharing out:</i></p> <ul style="list-style-type: none"> • <i>Allergy doctor for my allergies</i> • <i>Ophthalmologist (eye doctor) for my glasses</i> 		<p>Share 1-2 doctors they see.</p>

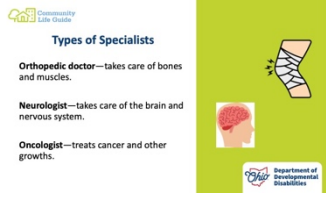

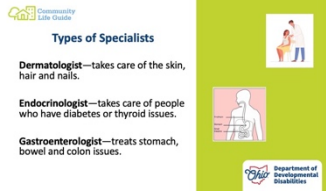
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Discussion Points and Learning Activity	Materials/Slide	Co-trainer or Person With Lived Experience
<p>SAY: We are going to learn more about doctors, specialists, therapists and other health care workers in this training.</p>		
<p>Read Slide</p> <p>SAY: Do you know the names of each medicine and why you take it? You may need to share this information with your doctors and others.</p>		
<p>Read Slide</p> <p>SAY: Listen to Mackenzie explain how and why to have a list of medications.</p> <p>SAY: We will see an example of how you can keep track of your medicines when we review resources at the end of the training.</p>		<p>Share how they use their medication list when going to the doctor or specialist.</p>
<p>Section 3 – Doctors 2 minutes</p>		
<p>SAY: You shared some doctors earlier. We may all see different kinds of doctors. We see doctors to get and stay healthy.</p> <p>SAY: You may see doctors for different things. You may have a cold, sore throat or pain in your stomach. These doctors are often general doctors. You may see a doctor for a broken foot, head injury or hearing problem. These doctors are often specialists.</p>		





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<p>Read Slide</p> <p>SAY: A pediatrician checks for health issues and can keep vaccinations up to date. A pediatrician can also track physical and mental developments.</p>		
<p>Read Slide</p> <p>SAY: A family physician sees children and adults for regular checkups. A family physician treats many common things like the cold, flu, cough, sore throat or minor injuries, like a sprained ankle.</p>		
<p>Read Slide</p> <p>SAY: Internists may see older teens who will be adults soon. Internists provide the same kind of care that family physicians do.</p>		
<p>Section 4 – Specialists 3 minutes</p>		
<p>SAY: Another kind of doctor you may see is called a specialist.</p> <p>SAY: A specialist can help you with specific health issues. Specialists are trained to know about one type of illness or part of the body.</p>		


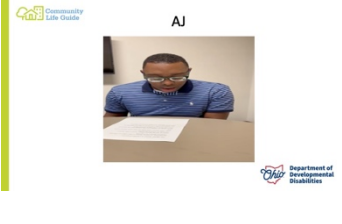
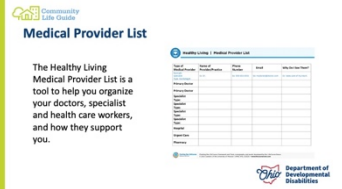
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Discussion Points and Learning Activity	Materials/Slide	Co-trainer or Person With Lived Experience
<p>Read Slide</p> <p>ASK: If you broke your ankle, which doctor would you see? When would you see an Oncologist?</p> <p>Facilitator Notes: <i>Encourage answers. Give examples if needed.</i></p>	 <p>Types of Specialists</p> <p>Orthopedic doctor—takes care of bones and muscles.</p> <p>Neurologist—takes care of the brain and nervous system.</p> <p>Oncologist—treats cancer and other growths.</p>	<p>Share to get participants talking.</p>
<p>Read Slide</p> <p>ASK: Which specialist would you see to get new glasses? Give an example of when you would go see a Cardiologist?</p> <p>Facilitator Notes: <i>Encourage answers. Give examples if needed.</i></p>	 <p>Types of Specialists</p> <p>Cardiologist—takes care of the heart.</p> <p>Pulmonologist—takes care of the lungs and breathing.</p> <p>Ophthalmologist—takes care of the eyes.</p>	<p>Share to get participants talking.</p>
<p>Read Slide</p> <p>ASK: Which specialist would you see if you have a mole on your arm? Give an example of when you would see a Gastroenterologist?</p> <p>Facilitator Notes: <i>Encourage answers. Give examples if needed.</i></p>	 <p>Types of Specialists</p> <p>Dermatologist—takes care of the skin, hair and nails.</p> <p>Endocrinologist—takes care of people who have diabetes or thyroid issues.</p> <p>Gastroenterologist—treats stomach, bowel and colon issues.</p>	<p>Share to get participants talking.</p>









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Section 5 – Other Doctors/Health Care Workers 3 minutes		
<p>SAY: Another kind of specialist is a surgeon. A surgeon treats conditions that might need an operation.</p> <p>SAY: Some surgeons focus on just one body part or area of the body.</p>		
<p>Read slide</p> <p>SAY: A gynecologist performs the pap-test and examines the uterus and ovaries in women.</p>		
<p>SAY: There are many different kinds of health care workers. It is important to know about the different kinds of health care workers.</p>		
<p>SAY: One type of Health Care Worker is a therapist. Different therapists specialize in different areas.</p> <p>Read Slide</p> <p>SAY: These therapists help you interact with your school, community, home, etc.</p>		

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<p>Read slide</p> <p>SAY: Both Mental Health Specialists can help if you feel sad, anxious or angry.</p>		
<p>Section 6 – Video/Learning Activity 10-15 minutes</p>		
<p>SAY: As you transition into adult health care, it is important to know the doctors and specialists you see.</p> <p>SAY: Listen to AJ share why we need a list of doctors and health care workers.</p>		
<p>Read Slide</p> <p>SAY: We will create a list of doctors and health care workers. Review the doctor’s list and talk about the different types of doctors and health care workers. Can you list your doctors and why you see them?</p> <p>Facilitator Notes: <i>Learning Activity: The participants can review this and take it with them to complete on their own. It may be helpful to talk through the Medical Provider List and see if the participants know their doctors and how they support them.</i></p>		<p>Share their list or how they use the list when contacting doctors or sharing with support staff.</p>

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






Discussion Points and Learning Activity	Materials/Slide	Co-trainer or Person With Lived Experience
<p>SAY: These resources were used to create this training. It is important to understand adult health care. Understanding the different medical providers, medicines and what doctor to see based on your needs. This training goes along with the EZ-Reader <i>Learning About Adult Health Care</i>.</p> <p>Thank you for joining us.</p>	 <p>Resources</p> <p>Care Notebook, Utah Medical Home Portal https://ut.medicahomeportal.com/learn-with-child-care-for-children-with-social-health-care-needs/training-and-education-care-notebook/74547627e186</p> <p>National Institute of Health https://www.nih.gov/</p> <p>25 Types of Doctors & what they do for Patients' Health - Good Housekeeping https://www.goodhousekeeping.com/health/wellness/a33863644/types-of-doctors/</p> 	
	 <p>Resources</p> <p>What are the Different Types of Doctors? https://www.esbmd.com/health-insurance/insurance-doctor-types</p> <p>Types of Doctors – 20 Types of Specialists https://www.youtube.com/watch?v=JwCpb7a4W7M</p> <p>SKOOL – Which Doctor Treats What Disease? https://www.youtube.com/watch?v=c6u_gd4EMIA</p> <p>Charting the LifeCourse Healthy Living Tools (Medication and Doctor's tool) https://www.lifeoursebook.com/lifecourse-library/meds/drug-the-life</p> 	
	 <p>A Project of:  Department of Developmental Disabilities</p> <p>Developed By:</p>  	

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Healthy Living | Medication List

This Medication List Belongs To: _____






 I Take This Medication:	 How Much I Take:	Time of Day I Take This Medication:				 Why I Take This Medication?	 I Started Taking This Medication On:	 I Stop Taking This Medication On:	 I Was Told to Take This Medication By:
		 Morning	 Afternoon	 Evening	 Bedtime				
Ex: Aspirin	Ex: 81 mg	✓		✓		Ex: My Heart	Ex: February 4, 2023	Ex: March 24, 2024	Ex: Dr. Smith

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Healthy Living | Medical Provider List

This Medical Provider List Belongs To: _____

 Type of Medical Provider:	 Name of Provider/Practice	 Phone Number	 Email	 Why Do I See Them?
Ex: Specialist - Cardiologist	Ex: Dr. Smith	Ex: 555 - 555 - 5555	Ex: mydoctor@doctor.com	Ex: Takes care of my heart
Primary Doctor				
Primary Doctor				
Specialist Type:				
Specialist Type:				
Specialist Type:				
Specialist Type:				
Hospital				
Urgent Care				
Pharmacy				



