



Planning for Adult Health Care



Facilitator Guide



Planning for Adult Health Care Facilitator Guide

Training Description

This training will discuss transitioning from youth health care to adult health care. It will help young people learn what they need to do to prepare for adult health care. It is meant to help look for a new doctor and plan for the first visit. This training goes along with the EZ-Reader *Making the Move to Adult Healthcare*.

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 participants will:

1. Classify ways to choose a new doctor
2. Describe how to prepare for a new doctor
3. Identify the level of support needed for a new doctor

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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’s 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

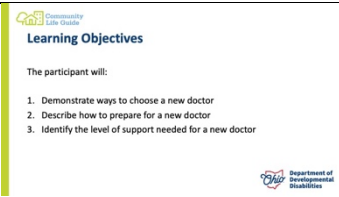


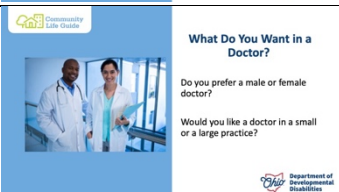
Appointment—an arrangement to meet someone at a particular time and place.

In-network—a health care provider that has an agreement with your health plan to provide services to its members.



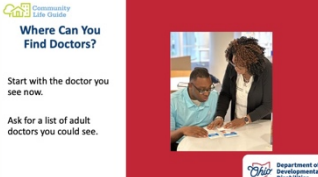
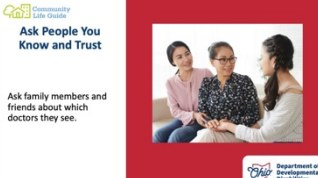

Medical summary—information about your health history like medication, diagnosis, medical conditions and treatments.

| Discussion Points and Learning Activity | Materials/Slides | Co-Trainer or Person with Lived Experience |
|--|---|--|
| Section 1 – Introduction 1-2 minutes | | |
| <p>We are going to learn more about Planning for Health Care as an adult.</p> <p>We will refer to the EZ-Reader <i>Making the Move to Adult Health Care</i> throughout the training.</p> |  | |

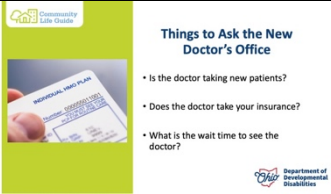
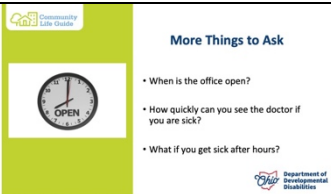

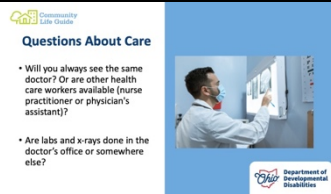

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| <p>A learning activity will be completed in the training.</p> <p>Please ask questions as we go through.</p> | | |
| <p>SAY: In the training today, we will talk about multiple ways to choose a new doctor, as well as preparing yourself for the first visit.</p> <p>Read Slide</p> |  | |
| <p>Section 2 – Transition to Adult Health Care <i>10 minutes</i></p> | | |
| <p>SAY: There are many ways you will know it is time to move to adult health care.</p> |  | |
| <p>SAY: You have been learning more about your own health and health care. Your health care will be different as you become an adult.</p> <p>Read Slide</p> |  | |
| <p>SAY: When choosing an adult doctor, ask yourself what you would like.</p> <p>Read Slide</p> |  | |


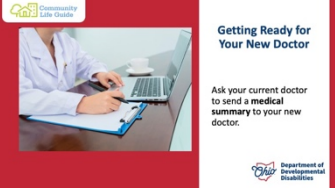


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|---|---|--|
| <p>Read Slide</p> |  | |
| <p>Read Slide</p> <p>ASK: What is important to you?</p> |  | <p>Share what is important to you when choosing an adult doctor.</p> |
| <p>SAY: Ask your current doctor if there is a doctor they think would be a good fit for you.</p> |  | |
| <p>SAY: Ask family members and friends if they have a doctor they think would be a good fit for you.</p> |  | |
| <p>Read Slide</p> <p>SAY: You may need to pay money called a co-pay to see a doctor.</p> |  | |

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| Discussion Points and Learning Activity | Materials/Slides | Co-Trainer or Person with Lived Experience |
|---|---|---|
| <p>SAY: There are many questions you should ask and think about as you are choosing a new doctor.</p> <p>Read Slide</p> |  <p>Things to Ask the New Doctor's Office</p> <ul style="list-style-type: none"> • Is the doctor taking new patients? • Does the doctor take your insurance? • What is the wait time to see the doctor? | |
| <p>Read Slide</p> |  <p>More Things to Ask</p> <ul style="list-style-type: none"> • When is the office open? • How quickly can you see the doctor if you are sick? • What if you get sick after hours? | <p>Share questions you thought about to ask when selecting your new doctor.</p> |
| <p>Read Slide</p> <p>SAY: These are great questions to ask when contacting a new doctor's office. The receptionist or nurse can answer many of these questions.</p> |  <p>Contacting Your New Doctor</p> <ul style="list-style-type: none"> • Ask how you should contact your doctor (by text, phone or email). • Ask how you would make, change or cancel an appointment. • Write down any contact numbers or emails they give you. | |
| <p>Read Slide</p> |  <p>Questions About Care</p> <ul style="list-style-type: none"> • Will you always see the same doctor? Or are other health care workers available (nurse practitioner or physician's assistant)? • Are labs and x-rays done in the doctor's office or somewhere else? | |
| <p>SAY: It is important to think beyond the doctor. What if you need to go to the hospital?</p> <p>Read Slide</p> |  <p>Hospital Care</p> <ul style="list-style-type: none"> • What hospital would the doctor send you to? • Is the hospital covered by your insurance? | |

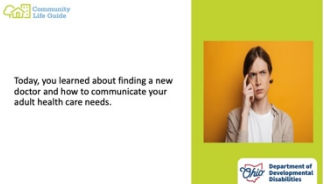


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|--|---|--|
| <p>SAY: It is important to understand what your insurance pays and what you will need to pay.</p> <p>Read Slide</p> |  | |
| <p>Section 3 – Getting Ready for New Doctor <i>3-5 minutes</i></p> | | |
| <p>Read Slide</p> <p>SAY: A medical summary includes your history, treatments and other things your new doctor should know about you. It is important for your new doctor to have all your information before your first visit.</p> |  | |
| <p>Read Slide</p> <p>SAY: Have important documents like your ID and insurance card available.</p> <p>SAY: Set a reminder on your phone or ask someone to remind you so you don't forget appointments.</p> |  | |
| <p>SAY: Call the doctor's office to check on your medical information sent by your previous doctor. If it has not been sent, call your previous doctor to remind them to send the information.</p> <p>SAY: Plan how to get to the appointment. (i.e., friend, family member, Uber, etc.)</p> |  | <p>Share other ways the participants can get ready for the first doctor's visit.</p> |

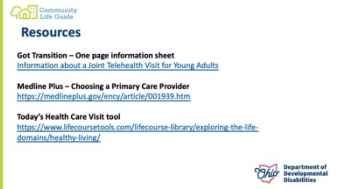






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|---|------------------|--|
| <p>SAY: Let your doctor's office know ahead of time if you cannot keep an appointment.</p> | | |
| <p>Read Slide</p> <p>SAY: If you brought someone to support you, ask them to take notes if it would help you.</p> | | |
| <p>Read Slide</p> <p>SAY: This will help them treat you the best way.</p> | | |
| <p>Read Slide</p> <p>SAY: It is very important to let your doctor know if you are unhappy with how things are going. Be open and honest to try and resolve the problem.</p> <p>SAY: Remember, it is your right to have good health care.</p> | | |
| <p>Section 4 – Video/Learning Activity 10-15 minutes</p> | | |
| <p>SAY: Ian will share more about transitioning to adult health care.</p> | | |

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| <p>Read Slide</p> |  | |
| <p>SAY: Living a healthy life and keeping your body in good working order can take some planning and effort.</p> <p>SAY: The Healthy Living LifeCourse tools will help you have the conversations, explore your vision and plan experiences and supports to achieve your healthy life.</p> <p>SAY: The Learning Activity will explore <i>Today's Health Care Visit</i> tool. This tool will help you keep track of everything you want to share or ask about during your health care visit.</p> <p>Facilitator Notes: <i>The participants can review this now and take it with them to complete on their own. You can split them into groups to review the tool or discuss the tool as a group. It may be helpful to read through the sections and discuss what they (or their support person) could write.</i></p> |  | |
| <p>SAY: These resources were used to create this training. It is important to understand how to plan for adult health care. Understanding what you need to do when looking for a new doctor is important. This training goes along with the EZ-Reader <i>Making the Move to Adult Health Care</i>.</p> |  | |

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|---|--|--|
| Thank you for joining us. |  <p>  Community Life Guide Resources Got Transition – One page information sheet Information about a Joint Statehealth Visit for Young Adults Medline Plus – Choosing a Primary Care Provider https://medlineplus.gov/geny/article/021939.htm Today's Health Care Visit tool https://www.lifeourstools.com/lifecourse-library/exploring-the-life-domains/healthy-living/ </p> | |
| |  <p>  Community Life Guide A Project of:  Department of Developmental Disabilities Developed by:  UCCEDD  LifeCourse Nexus </p> | |

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TODAY'S HEALTH CARE VISIT

COMPLETE BEFORE THE VISIT

My Name: _____
 Today's Date: _____
 Who is with me today? _____
 Current list of my medications, pills, and vitamins
 (attach it for the doctor or nurse)
 Do I have a plan or card that pays for my medicine?
 Yes / No (list) _____
 Did I recently go see any other doctor or dentist?
 Yes / No (who?) _____
 What was the reason? _____

Why am I at the doctor's or clinic today?

(Things like illness, check-up, follow-up from previous visit, need forms filled out, need medication change or refill, etc.)

QUESTIONS I WANT TO ASK TODAY

ANSWERS TO MY QUESTIONS

MY TAKE-AWAY INFORMATION

Were there any Medication or Diet Changes?
 YES / NO If yes:
 Medication Name: _____
 I am to take this _____ times per day, at _____
 I am to stay on this for _____ days (or specify _____)
 Why do I need to take this? _____

 Medication Name: _____
 I am to take this _____ times per day, at _____
 I am to stay on this for _____ days (or specify _____)
 Why do I need to take this? _____
 Are there medications I don't need to take
 anymore, or anything else I should know?

Information about today's treatment plan, recommendations, and/or follow-up

(Things like illness, check-up, follow-up from previous visit, need forms filled out, need medication change or refill, etc.)

medical professional signature

date

staff or provider signature

date



