

# **What's HEALTH Got To Do with TRANSITION?**

## **CURRICULUM**

**HILLSBOROUGH COUNTY PUBLIC SCHOOLS**



**FLORIDA DEVELOPMENTAL DISABILITIES COUNCIL, INC.**

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## Assessment of Student Knowledge, Attitudes, and Skills Pre/Post Intervention Questionnaire

1. Please write the **last 4 digits** of your student number:    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_
2. Read each statement below. Circle a number from 1 to 5 that describes how **OFTEN** you do each item.

- 1 = Never  
 2 = Sometimes  
 3 = Often  
 4 = Always  
 5 = This doesn't apply me

	Never	Sometimes	Often	Always	Doesn't Apply
a. I schedule my own doctor's appointments.	1	2	3	4	5
b. I understand my disability, medical condition, or special needs.	1	2	3	4	5
c. I can explain to other people about my disability, medical condition, or special needs.	1	2	3	4	5
d. I talk to my doctor without help from an adult.	1	2	3	4	5
e. I keep a list of emergency telephone numbers.	1	2	3	4	5
f. I use my health insurance card.	1	2	3	4	5
g. I participate in making decisions about my health care, such as choosing a doctor I like.	1	2	3	4	5
h. I fill out medical forms in the doctor's office.	1	2	3	4	5
i. I can describe my medications and dosages.	1	2	3	4	5
j. I take my medication without being reminded by an adult.	1	2	3	4	5
k. I understand my health insurance coverage. I know what is required for referrals, prescriptions, etc.	1	2	3	4	5
l. I have a place in my home where I keep important medical information.	1	2	3	4	5

3. John's doctor prescribed an antibiotic for his sore throat and cough. Read the prescription label for John's medication and answer the questions below.

Rx 3820819-03411	Bob's Pharmacy	Phone 813-927-0651
John Smith 1243 North St Boston MA	Dr. Anthony Carter	
Take 1 Capsule every six hours for 10 days.		
VIBRAMYCIN 500 MG Capsules QTY 42		
Refills - Dr. Authorization Required		Discard After 10/03/05
Directions: Medicine must be taken with food. Do not take on an empty stomach.		
WARNING: NOT TO BE TAKEN WITH DAIRY PRODUCTS.		

- a. If John takes his first dose at 11 AM, at what time should he take his second dose? \_\_\_\_\_
- b. If John starts feeling better before he is finished with his prescription, he is planning to stop taking the medicine and save it to use if he gets sick another time. Is this a good plan? \_\_\_\_\_
- c. Why or why isn't this a good plan? \_\_\_\_\_  
\_\_\_\_\_
- d. John feels the start of a bad migraine headache. He didn't tell the pharmacist or doctor who prescribed the antibiotic about the migraine medicine that he keeps at home. He isn't sure whether it's safe to mix the migraine medicine and the antibiotic. What should John do?  
\_\_\_\_\_
- e. John drinks a lot of milk, usually a glass at every meal. What does the prescription say about drinking milk with this antibiotic? \_\_\_\_\_
- f. As it turns out, John is still not feeling better after he finishes his prescription. He asks his pharmacist for a refill. What is the prescription number? \_\_\_\_\_
- g. What will the pharmacist say or do when John asks for a refill on this prescription?  
\_\_\_\_\_

4. Fill in the blank with the correct word or letter from the word bank.

**Word Bank:**

A. Specialist

B. Optometrist

C. Primary Care Physician

D. Pediatrician

E. Dermatologist

- a. A \_\_\_\_\_ is a doctor who provides regular medical check-ups and treats common health problems.
- b. An \_\_\_\_\_ assesses vision and prescribes glasses.
- c. A doctor who provides medical care for children (only) is called a \_\_\_\_\_.
- d. A doctor who treats skin disorders or diseases is called a \_\_\_\_\_.
- e. A doctor who treats only certain disorders or diseases is called a \_\_\_\_\_.

5. Write True (T) or False (F).

- \_\_\_\_\_ a. Doctors do not typically ask their patients about medical problems that the patient's family members have experienced.
- \_\_\_\_\_ b. A young parent is legally responsible for providing child support starting at age 21.
- \_\_\_\_\_ c. A person who is constantly angry or worried has a health problem.
- \_\_\_\_\_ d. The amount of money that a person receives from a public assistance program such as Medicaid is determined by the amount of money he/she earns in a paid job.
- \_\_\_\_\_ e. Preventable injury is the leading cause of death among teens.
- \_\_\_\_\_ f. Prescription drugs are available to anyone without a doctor's consent.
- \_\_\_\_\_ g. Guardianship is when an adult who might need help in making important decisions asks someone like a family member or friend for advice.
- \_\_\_\_\_ h. An 18 year-old is legally responsible for making all of his/her own medical decisions.
- \_\_\_\_\_ i. In case of an emergency, dial 4-1-1 on the phone.
- \_\_\_\_\_ j. Friends can help protect you from bullying.
- \_\_\_\_\_ k. A Health Care Summary can be used when visiting a new doctor or in an emergency.
- \_\_\_\_\_ l. It is okay to take medication that is expired.
- \_\_\_\_\_ m. Employers are not required to offer medical and dental insurance to all of their employees.
- \_\_\_\_\_ n. Pediatricians can provide the services and medical tests that adults need to stay healthy.



6. This chart lists two health insurance plans, **Plan A** (HMO) and **Plan B** (PPO), that are offered to the employees of Company XYZ. Answer the questions below the chart about the monthly premium for four individuals/families who are eligible for coverage in the company plans.

	<b>PLAN A – HMO</b>	<b>PLAN B – PPO</b>
<b>Premium cost</b>	\$75 per month for the employee \$50 per month for a spouse \$25 per month per child under age 21 Children age 21 and over not covered	\$50 per month for the employee \$35 per month for a spouse \$15 per month per child under age 21 Children age 21 and over not covered
<b>Doctors</b>	Chosen by insurance company	Any doctor you choose
<b>Covered costs for doctor visits and hospital stays</b>	Covers 100% of doctor visits, including physicals. No charge for hospital stays if you go to a hospital selected by the insurance company.	You pay the first \$200 per year of any medical expenses. Then insurance pays 80% of all other costs.
<b>Prescription benefit</b>	\$10 co-pay for each prescription	\$10 co-pay for each prescription

- A single male employee pays\_\_\_\_\_ per month in Plan B.
- A female employee, her husband, and their 3-year old child pay \_\_\_\_\_ per month in Plan A.
- A female employee (divorced) and her two children ages 13 and 22 pay \_\_\_\_\_ per month in Plan A.
- Which plan has the least expensive premium for a male employee and his wife? \_\_\_\_\_

**The rest of the questions are about YOU.** Please **circle** one answer for each question.

7. I am:

- Male
- Female

8. I am in:

- 9th Grade
- 10th Grade
- 11th Grade
- 12th Grade

9. I am \_\_\_\_\_years old.

10. My race or ethnicity is:

- |                              |                              |
|------------------------------|------------------------------|
| a. Black or African American | d. Asian or Pacific Islander |
| b. Hispanic or Latino        | e. Multiracial               |
| c. White or Caucasian        | f. Other _____               |

11. I live with:

- |                           |                                |
|---------------------------|--------------------------------|
| a. my birth parents(s)    | d. relatives                   |
| b. my adoptive parent (s) | e. in a group home or facility |
| c. my foster parent(s)    | f. Other _____                 |

12. I receive services from the following Exceptional Student Education (ESE) program:

(check only one answer)

- a. \_\_\_\_\_ Specific Learning Disabilities
- b. \_\_\_\_\_ Emotional/Behavioral Disabilities
- c. \_\_\_\_\_ Physically Impaired
- d. \_\_\_\_\_ Visually Impaired
- e. \_\_\_\_\_ Deaf or Hard-of-Hearing
- f. \_\_\_\_\_ Speech and Language Impaired
- g. \_\_\_\_\_ Homebound or Hospitalized
- h. \_\_\_\_\_ Autism Spectrum Disorder
- i. \_\_\_\_\_ Intellectual Disabilities
- j. \_\_\_\_\_ Other (please list): \_\_\_\_\_
- k. \_\_\_\_\_ I don't know

## AN INTRODUCTION TO HEALTH CARE TRANSITION

As you become an adult, you are going to have to make many decisions for yourself. You are still considered a child until you reach the **age of majority**, which is legally defined as 18 years of age. Once you reach age 18, many changes take place. You need to be aware of these changes and learn how to make informed decisions about your life.

The period of time when you change from a being child to becoming an adult is called **transition**. Transition means the act of passing from one place (childhood) to the next (adulthood). It is important for you to start thinking about and preparing for your transition to adulthood. You may already be planning for some things, like a career. But did you know that you also need to prepare for taking care of your health and medical needs as an adult? After all, you need to be healthy to be able to work, live independently, and enjoy life! This book will guide you through many of the decisions you need to make about your health care as you transition from **adolescence** (teenage years) to becoming a responsible adult. Think about the following questions:

- Do you have information about your own illness or disability?
- Do you know what type of insurance you have?
- Do you know the steps involved in a doctor visit?
- Is there a place where you keep important medical information?
- Can you take medication independently?
- Do you know the difference between a pediatrician and an adult doctor?
- Are you informed about sexually transmitted diseases?
- Do you know how to keep yourself safe?
- Can you stand up for yourself?

Answers to these questions and more will be addressed in the chapters that follow. The book will help you learn how to be a **self-advocate** for your own health care. You will also be creating a personal Health Journal as we progress through the book. You can take this journal with you to use at doctor visits and for all of your future medical needs.

## INTRODUCTORY ACTIVITY

### ARE YOU READY TO MANAGE YOUR OWN HEALTH CARE?

Please take a few minutes to answer some questions regarding your readiness to take care of your own health care needs.

- |  |     |    |
|--|-----|----|
| 1. I worry about my health.  | Yes | No |
| 2. My parents take care of all my health needs.  | Yes | No |
| 3. I would like to learn more about my own illness/disability.                           | Yes | No |
| 4. I would like to be responsible for taking my own medications                          | Yes | No |
| 5. I find it easy to talk with my doctor.  | Yes | No |
| 6. I feel I have little or no control over my own illness/disability.                    | Yes | No |
| 7. If I follow my doctor's orders, he/she will be pleased with me.                       | Yes | No |
| 8. I would like to talk with my doctor alone during visits.                              | Yes | No |
| 9. I would like to go to my doctor appointments by myself.                               | Yes | No |
| 10. I sometimes get embarrassed if I have to take my medication in front of my friends.  | Yes | No |
| 11. If I follow my treatments and take my medication, I generally will have good health. | Yes | No |
| 12. My health needs will affect my future life.  | Yes | No |

By answering these questions, you hopefully have started to think about your own health situation and what you might need to know to successfully function as an independent adult.

## UNIT 1

### MOVING TOWARDS ADULTHOOD: WHAT DO I NEED TO KNOW? WHAT DO I NEED TO DO?

(pages 3-23)



### UNIT 1 OBJECTIVES

The student will be able to:

- Recognize the importance of good health.
- Demonstrate knowledge of how to make informed decisions.
- Demonstrate knowledge of self-advocacy skills.

---

Name

---

Date

### UNIT 1: WHAT DO YOU KNOW?

- |   |      |       |
|---|------|-------|
| 1. Some people value money more than their health.  | True | False |
| 2. If you are self-sufficient, you are able to do what you need to do independently.        | True | False |
| 3. People make many decisions each day.   | True | False |
| 4. Some of the most important decisions you will ever make occur during your teenage years. | True | False |
| 5. Decisions give you power and control over your life.                                     | True | False |
| 6. A barrier to decision-making is lack of information.                                     | True | False |
| 7. The first step in decision-making is to identify the decision you need to make.          | True | False |
| 8. If you are making an important decision, do it as quickly as possible.                   | True | False |
| 9. You should not let others pressure you into making any type of decision.                 | True | False |
| 10. You should not ask for help when making decisions.                                      | True | False |
| 11. Self-advocacy means standing up for yourself.   | True | False |
| 12. Body language is a big part of communication.   | True | False |
| 13. You should always have a reason before you ask for help.                                | True | False |
| 14. The ability to appreciate yourself is an important skill for self-advocacy.             | True | False |
| 15. You need to have knowledge and skills to advocate for yourself.                         | True | False |

## UNIT 1: WORDS TO KNOW

**Assertive** – a behavior or person that is confident and self-assured.

**Barriers** – any condition/obstacle that makes it difficult to achieve an objective.

**Beneficial** – promoting or enhancing well-being.

**Consequence** – something that naturally follows from an action or condition.

**Convey** – to make known; to tell.

**Effective** – able to accomplish a purpose.

**Eliminate** – to get rid of; remove.

**Enable** – to make possible or able.

**Essential** – something necessary or indispensable.

**Evaluate** – to examine and judge carefully.

**Inconsequential** – lacking importance or worth.

**Indecision** – inability to make up one's mind.

**Motivation** – the force that drives a person to action toward a desired goal.

**Negotiate** – to discuss with another to settle some matter.

**Proficiency** – having or showing knowledge and skill.

**Risk** – the possibility of loss or danger.

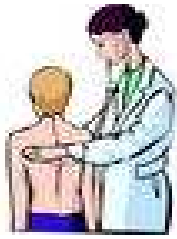
**Self-sufficient** – able to provide for oneself without the help of others; independent.

**Social Support** – a group of family and/or friends that are available to help an individual.

**World Health Organization (WHO)** – an international organization of health experts.

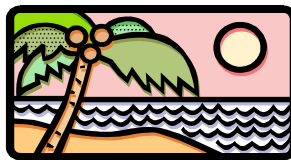
## UNIT 1: LESSON 1

### HOW IMPORTANT IS MY HEALTH?



“Health” means different things to different people. Most people think of health in terms of *physical* health: getting sick, having an injury, being in the hospital. Health actually means a lot more than that. The World Health Organization (WHO), which includes health experts from all over the world, defines health as "physical, emotional, mental and social well-being ... not merely the absence of disease. “ Healthy people are persons who have an overall sense of well-being. They probably have a circle of family and friends that they keep in touch with (**social support**), they feel good about themselves, and they’re generally satisfied with their lives. People who have disabilities or chronic disease can still be healthy. But they need to take care of themselves so that their conditions don’t worsen and so they don’t develop a second disabling condition.

People also *value* health in different ways. You might not consider your health very important right now. Some people believe money is much more important than health. What do you think? Read the following scenario and see if you change your mind.



#### Scenario:

Jack and Bill survived a plane crash and are now stranded on a deserted island together. Jack's suitcase, which contains ten million dollars, floated to shore. He is so happy because he is a rich man. Unfortunately, Jack broke his right leg and right arm in the plane crash. He is cold,



wet, hungry, and in a great deal of pain. Bill also survived the plane crash. He is a man with no money, but he did not get hurt in the crash. He has built himself a fire and is searching for food. If these men were not found for ten years, which one would you want to be? Which man do you think would have the best chance of surviving?

Hopefully, you see that Bill is much better equipped to survive than Jack. Why? Because Bill has a healthy body. He has good *physical* health. Jack's money will do him no good on that island. If you are still not convinced, consider this question: Would you rather win the lottery when you are 20 or when you are 70 years old? Most people would answer the age of 20. Why? Because you have better health with which to enjoy the money.

Without your health, life can be tough. If you are sick, you cannot work, play, or enjoy your loved ones as much. If you are depressed, you may not have the energy to participate in activities that you usually enjoy. Good health allows you to do the things you want in life. It allows you to achieve your goals.

These are the reasons why health is so important:

- **Self-sufficiency** – able to do what you *need* to do
- **Independence** – able to do what you *want* to do
- **Participation** – able to *take part* in activities

To have the energy you need for your life, you need to be a healthy person. As an adult, you will be the person to make the final decisions regarding every aspect of your health care – as well as every other area of your life. It is **essential** that you know how to make decisions that will be the most **beneficial** to you.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

### UNIT 1: Lesson 1 Activity

#### WHAT DO YOU THINK IS IMPORTANT?

Directions: Number the following statements in order of importance (1-9) according to your personal values. Be prepared to discuss your answers.

What is important in my life today?

\_\_\_\_\_ Being healthy.

\_\_\_\_\_ Being liked by my friends.

\_\_\_\_\_ Being respected by my family.

\_\_\_\_\_ Having enough money to buy the things I like.

\_\_\_\_\_ Having a happy family.

\_\_\_\_\_ Looking good in the clothes I have.

\_\_\_\_\_ Having the freedom to choose the things I like.

\_\_\_\_\_ Knowing my parents and friends trust me.

\_\_\_\_\_ Being listened to and respected for my opinion.

\_\_\_\_\_ Other (briefly describe) \_\_\_\_\_

\_\_\_\_\_

Fill in the blanks:

I chose \_\_\_\_\_ as my #1 answer because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## UNIT 1: LESSON 2

### HOW DO I MAKE WISE DECISIONS?



You make many decisions each day. Some decisions seem easy, like what to wear to school, what to eat, who to talk to, how to fix your hair, whether to pay attention in this class. Other decisions are so hard that you may not want to make them at all. Making decisions is a skill you must learn in order to live on your own. Many of the decisions you make on a daily basis may seem **inconsequential**, but some of the most important decisions you will ever make occur during your teenage years. These decisions can have a big impact on your health, now and in the future. For example, if you choose to smoke cigarettes today, you will risk addiction and future illness. What if you choose to drop out of school? Later you may have trouble finding a job that pays enough to live on.

Making wise decisions helps you maintain good health. You will have many decisions to make in the years ahead. Decisions regarding your health may involve use of medications, drug use, smoking, eating, sexual activity, safety, doctors, pharmacists, and insurance. Decisions give you power and control over your life. But decisions can be tough to make. Sometimes people are afraid they won't make the right decision. They may spend so much time thinking about the decision that they do nothing at all! At other times, people may act before they think and then regret their decisions later.

Read the following **barriers** to decision-making:

1. Lack of information - you don't know enough.
2. **Indecision** - can't make up your mind.
3. Lack of **motivation** - you do not care or do not want to spend the time.
4. Choices conflict - the decision might be good for one reason but bad for another.
5. There is more than one good choice.
6. Unwillingness to take **risks** - you are afraid to fail.
7. Inability to follow through with your choice - you make the decision to do something then you don't do it.
8. Knowing when to ask for help – you are too proud to ask someone for help.

One way to avoid these barriers is to follow decision-making guidelines. Here are some steps to help make sensible decisions:

1. Identify the decision you need to make.
2. List your choices; the more the better.
3. Think about the consequences of each of the choices. Eliminate the ones that could be harmful.
4. Decide on the choice that will most likely have the best results for you and others.
5. Carry out your decision.
6. Evaluate the results of that decision so that the next time you will know whether or not to make the same choice.

Read the scenario below. Then follow the steps for wise decision-making to help Sylvester decide what to do.

**Scenario:**

Sylvester is going to his Aunt's wedding on Saturday night. All of his relatives are coming, including his favorite cousin Vinny whom Sylvester hasn't seen in almost a year. Before Vinny moved away, they use to hang out together almost every day. Vinny can only stay one night because he has to fly back home to attend another wedding as the best man. The problem is that, yesterday, Frank invited Sylvester to a party at his house on Saturday night. Frank told Sylvester that Shandra was going to be there. Sylvester has been asking Shandra to go out with him for weeks, but she has been putting him off. She told Frank that she was going to decide about dating Sylvester after seeing him at the party on Saturday night. Sylvester really

wants to go to the party because he knows Shandra is the one for him. He is afraid that if he doesn't go, she'll find someone else to take his place. But he also wants to go to the wedding and see all his relatives. In addition, his mother told him that he will have to stay home by himself if he doesn't go to the wedding. He is not allowed to go to the party. Now Sylvester must make a difficult decision.

This is how the decision-making steps could help Sylvester make the decision.

**Step 1.** Identify the decision Sylvester must make:

Sylvester has to decide whether to go to the wedding or to Frank's party.

**Step 2.** List Sylvester's choices:

- a. Go to the wedding and tell Frank he can't come to the party.
- b. Sneak out of the house and go to the party.
- c. Call Shandra and explain why he can't go to the party. Then invite her to do something together another time. Also, call Frank and tell him.

**Step 3.** Think about the consequences of each choice. Eliminate what could be harmful:

- a. If he goes to the wedding and tells Frank he is not coming, Frank wouldn't be mad at him but Shandra might think he doesn't like her.
- b. If he sneaks out of the house he could get into big trouble. Also, it would be dangerous because he would have to walk a long way in the dark. On top of that, he wouldn't get to see Vinny or any of his other relatives. (Sylvester crosses out this choice)
- c. If he calls Shandra and explains it to her, maybe she would understand. If she doesn't, then maybe she is not the one for him. He knows Frank will understand because he is a good friend.

**Step 4.** Decide on the best choice:

Sylvester would like to go to Frank's party but his family is more important. He only gets to see some of his relatives every once in a while, and he gets to see Frank all of the time. Sylvester decides to skip the party.

**Step 5.** Carry out the choice:

Sylvester calls Frank and Shandra and explains why he cannot go to the party.

**Step 6:** Evaluate the results of his decision. Some possible results are:

- a. When Sylvester calls Shandra, she gets mad and tells him off. He meets the woman of his dreams at the wedding and forgets about Shandra.
- b. When he gets to the wedding, Vinny doesn't show up. Sylvester has to dance with a relative that steps on his feet and has horrible breath.
- c. Shandra is not mad when Sylvester calls. She really appreciates his honesty.

Tips for decision-making:

- Learn from the consequences of your decisions.
- Insist on participating in decisions that impact the quality of your life.
- Take your time when making important decisions.
- Don't let others pressure you into making any type of decision.

\_\_\_\_\_

Name

\_\_\_\_\_

Date

### **UNIT 1: Lesson 2 Activity**

### **DECISIONS, DECISIONS, DECISIONS!**

Directions: Answer True (T) or False (F) to the following statements concerning decision-making.

- \_\_\_\_\_ 1. All of the most important decisions you make occur when you are old.
- \_\_\_\_\_ 2. Making decisions gives you power and control over your life.
- \_\_\_\_\_ 3. Some people are afraid to make decisions.
- \_\_\_\_\_ 4. All decision-making is easy.
- \_\_\_\_\_ 5. The first step in decision-making is to list your choices.
- \_\_\_\_\_ 6. You do not want to have more than two choices.
- \_\_\_\_\_ 7. The last step in decision-making is to evaluate the decision you have made.
- \_\_\_\_\_ 8. You should think about the consequences of each choice.
- \_\_\_\_\_ 9. A barrier to decision-making is indecision.
- \_\_\_\_\_ 10. Step 1 in decision-making is to identify the decision you need to make.
- \_\_\_\_\_ 11. You should never ask for help when making a decision.
- \_\_\_\_\_ 12. It is best to eliminate choices that could be harmful.

## UNIT 1: LESSON 3

### WHAT IS SELF-ADVOCACY?



#### Self-advocacy is:

- The willingness, determination, knowledge, and power that **you** must have in order to communicate your needs, desires, and feelings about your life.
- A way of acting that helps you tell others what you need, and in a way that works.
- Working by yourself, or with someone's help, to get what you need.
- ***Standing up for yourself!***

Self-advocacy is *not* a step-by-step approach or event. It takes time, practice, and experience to be able to effectively advocate for yourself. A self-advocate needs both **knowledge** and **skills** to be successful. Here is the knowledge you must have in order to be a good self-advocate:

- Knowledge of self: your strengths, weaknesses, needs, interests, and desires. This includes knowing what type of disability or health condition(s) you have.
- Knowledge of self-care skills; knowing about the skills that are necessary to meet your needs, interests, and desires.
- Knowledge/information about the specific disability or health condition you have.

These are skills that are vital for self-advocacy:

- Effectively **communicate, convey, negotiate** or **assert** your own interest, desires, needs, and rights.
- Make informed decisions, and then take action and responsibility for those decisions.
- Recognize the need for support, and ask for it.
- Appreciate yourself just the way you are, and give yourself permission to make mistakes.



This knowledge and skill set will enable, or **empower**, you to direct your own life. That means you will have greater responsibility and control over the things that happen to you. Think about it like a math equation:

$$\text{Knowledge} + \text{Skills} = \text{Successful Self-Advocacy}$$

Let's examine more closely how knowledge and skills (communication, decision making, recognizing the need for support, and self-appreciation) impact your ability to be an effective self-advocate.

### **Knowledge**

The knowledge required for successful self-advocacy is based on a person's preferences, strengths, weaknesses, interests, needs, and other issues concerning the self. *Some* information is necessary for almost everyone to have. For example, independent persons have to shop at stores in order to meet their basic needs. Therefore, you must have knowledge of the skills needed to shop. What would happen if a store charged you the wrong price? You need knowledge to advocate for yourself in these situations. You cannot effectively advocate for something you know little or nothing about.

If you have a disability or a particular health condition, you need to know *what* it is and *how* it affects you as an individual. You need to know if your condition requires certain actions, choices, or decisions. Are there certain things you need because of your disability?

As you grow into adulthood, having control over your life will become more important to you. Do you want someone else to make decisions for and about you? Or would you rather be your own boss? Effective self-advocates begin by understanding themselves and knowing what they need.

## **Skills**

**Communication.** Communication involves *sending* and *receiving* information. *Receiving* information includes listening, clarifying, and body language. You can check your understanding of the speaker's message, or **clarify** the message, by asking a question to resolve any confusion you may have. For example, you could say, "I'm not sure I understand why you gave me that referral. Can you tell me again?" You can express respect or interest in what the speaker is saying through your body language: your posture, facial expressions, and gestures. When you receive information, your body should be relaxed, your facial expression pleasant, and your eyes should be focused on the speaker.

***Sending*** information involves what you say, how you say it, and again, your body language. Have you ever heard the saying, "Think before you speak"? It's true. If you want your message communicated as you intend it to be, think about the appropriateness of the message, how you say it (loudly, softly, nicely, sarcastically, etc.), and the message your body is sending. The message that comes out of your mouth needs to match what your body is saying. Body language speaks as loud – or sometimes louder – than words. For example, if you are talking to someone who keeps looking away, shaking her leg, and humming, you'll probably get the impression (from the body) that she is not listening to you. If you ask her, she might tell you she is listening. You are receiving "mixed messages" from her. Which message do you believe?

**Decision-Making.** Good decision-making skills are important for self-advocacy. You can become more **proficient** at these skills by practicing the steps you learned in the previous lesson.

**Getting Support.** Recognizing that you need help and then doing something about it is also a part of self-advocacy. Sometimes it can be difficult to ask for help in solving a problem. But asking for help can change a feeling of helplessness into one of self-control. The skill of seeking support involves 1) recognizing that you *need* help and/or support, 2) having the *courage*

to ask for help, and 3) choosing *who* to ask for help. Sometimes just wanting to talk to someone is reason enough to ask for help. The best way to know when you need help is to listen to your feelings.

Self-Appreciation. You may wonder why appreciating yourself and allowing yourself to make mistakes are important skills for self-advocacy. Remember that self-advocacy means standing up for yourself. Would you defend a person to the best of your ability if you didn't like that person? Probably not. If you don't like yourself, make changes. Do whatever it takes to appreciate, value, and like who you are. It is important for you to value who or what you stand up (advocate) for – especially if that person is ***you!***

Allow yourself to make mistakes. Mistakes are great teachers. Let them (mistakes) teach you rather than hold you back. When you do make a mistake, ask yourself what you learned from it. Then do your best to correct it, and try not to do it again. What would our world be like today if everyone gave up after their first mistake?

One place you can begin using self-advocacy skills as a student is in your Transition Individual Educational Plan (TIEP) meeting. No one has a greater stake in the outcome of your TIEP than you. Think about what you want to do in the future. Then communicate this information to your parents, teachers, and other transition team members. Work with them to determine goals that are meaningful to you. If you do not like or agree with what's being said in the meeting, speak up. If you do not understand what's going on, ask questions. After all, this meeting is about you! The more you learn and the more you practice your self-advocacy skills, the easier it will become. You will need to self-advocate for your health care and other important issues throughout the rest of your life. There's no better time to start than now!

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Name

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Date

### UNIT 1: Lesson 3 Activity

#### WHAT IS LACKING?

Directions: Read the following scenarios, then decide which type of knowledge/ability the person was lacking from the list below:

- |                      |                    |
|----------------------|--------------------|
| A. communication     | D. asking for help |
| B. decision-making   | E. self-knowledge  |
| C. allowing mistakes |                    |

1. Lisa had very bad stomach ache and diarrhea. She went to the drug store to see if there was any medicine she could buy to help with her problem. Lisa found the right aisle and started looking for what she needed. Lisa knows she has difficulty reading the labels, but she was too embarrassed to ask for help. She ended up buying a laxative. Her day went downhill after that.

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2. Barney wanted to go on a bus trip to the museum. He called the bus line to see what routes to take. He wrote down everything the lady on the phone said but it was difficult to hear her. He was really angry later when he took the wrong bus and got lost.

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3. Marty wanted to go fishing with his buddies. His mom wanted him to clean out her garage. He could not decide which to do, so he did not do either one. He sat home all day with the phone off the hook.

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4. Cornelius really wanted to try water skiing. He was a pro at snow skiing and was used to being the best. His friend Jimmy invited him on his boat. Jimmy could water ski barefooted. Cornelius decided not to try it because he didn't want to fall and look stupid in front of his friend.

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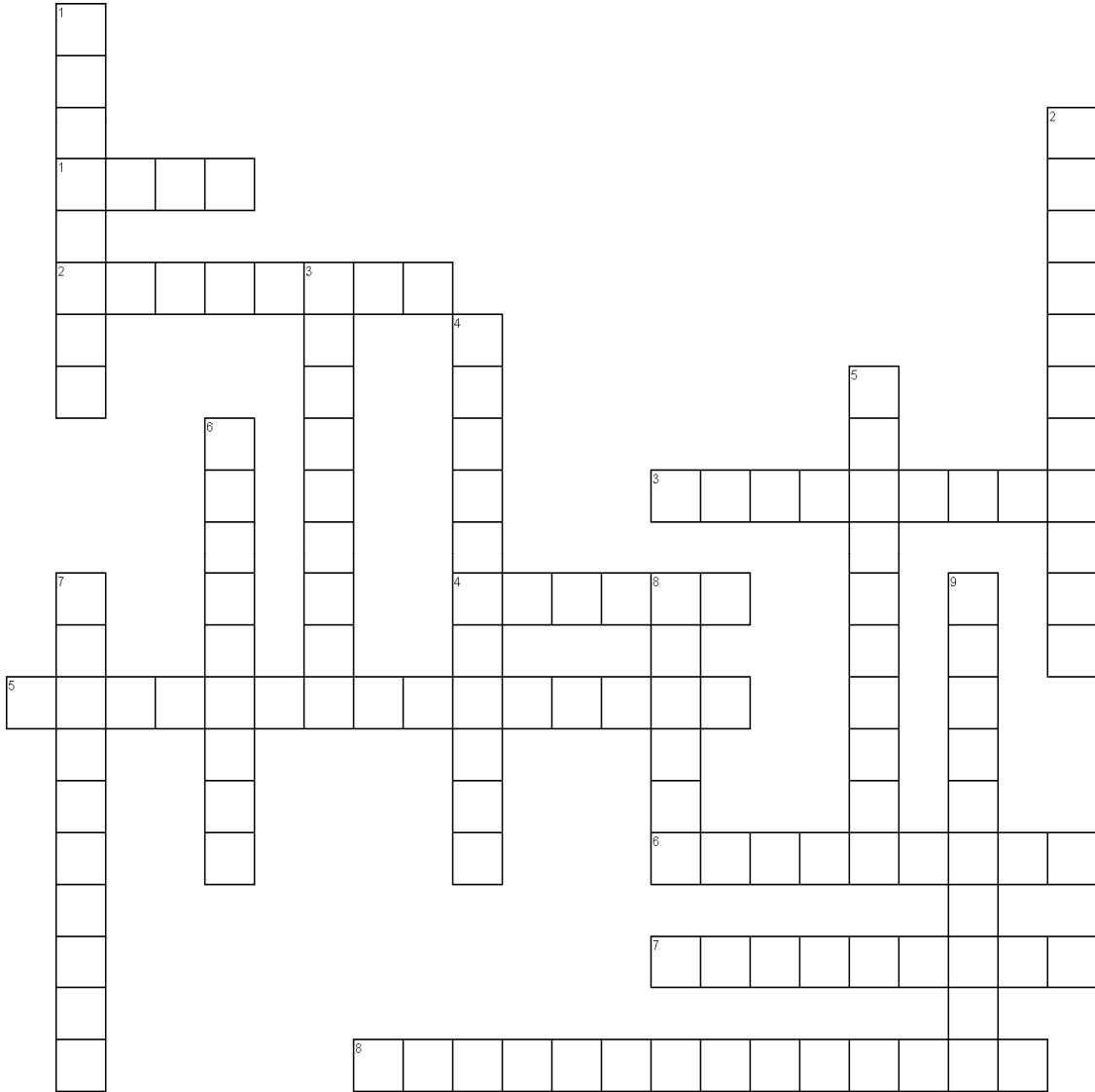
5. Traci was depressed because she went to her transition IEP meeting and just listened to what everyone said about her. She does not know what she wants to do in the future or her interests in life. She hasn't really thought about it because she doesn't have to.

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# Crossword Puzzle - Unit 1 Crossword

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

Fill in the crossword puzzle by using the clues.



## Across

1. \_\_\_\_\_ the possibility of loss or danger
2. \_\_\_\_\_ to examine and judge carefully
3. \_\_\_\_\_ to confer with another to settle some matter

4. \_\_\_\_\_ to make known or to tell
5. \_\_\_\_\_ lacking importance or worth
6. \_\_\_\_\_ something necessary or indispensable
7. \_\_\_\_\_ able to accomplish a purpose
8. \_\_\_\_\_ able to provide for oneself  
without the help of others

**Down**

1. \_\_\_\_\_ any obstacle that makes it difficult to achieve an objective
2. \_\_\_\_\_ something that naturally follows from an action  
or condition
3. \_\_\_\_\_ a behavior or person that is confident and self-assured
4. \_\_\_\_\_ having or showing knowledge and skill
5. \_\_\_\_\_ the force that drives a person to action toward a  
desired goal
6. \_\_\_\_\_ to get rid of or remove
7. \_\_\_\_\_ promoting or enhancing well-being
8. \_\_\_\_\_ to make possible or able
9. \_\_\_\_\_ inability to make up one's mind

**Select your answers from the following words:**

Eliminate	Convey	Essential	Consequence
Inconsequential	Motivation	Evaluate	Self-sufficient
Beneficial	Assertive	Indecision	Risk
Enable	Proficiency	Negotiate	Barriers
Effective			

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

## UNIT 1 TEST: MOVING TOWARDS ADULthood

Part I – Fill in the blank. Directions: Use the following word bank to fill in the blank with the appropriate word or letter.

Word Bank

A. motivation  
B. evaluate  
C. barrier  
D. proficient  
E. essential

F. convey  
G. eliminate  
H. effective  
I. consequence  
J. risk

1. It is \_\_\_\_\_ that you have a driver's license before you drive a car.
2. Being too proud to ask for help is a \_\_\_\_\_ to decision-making.
3. Mindy wanted to go to college but she lacked the \_\_\_\_\_ to get started.
4. Jake was an extremely \_\_\_\_\_ speaker, but he was a very poor listener.
5. Bobby took a great \_\_\_\_\_ when he rode his motorcycle without a helmet.
6. Julie could not decide which doctor to \_\_\_\_\_ from her choices. She decided to ask her friend which one was best.
7. Derek stayed out all night and was extremely tired. He was rude to a customer and got fired. He realized that he had made a choice to be rude, and getting fired was a \_\_\_\_\_ of his behavior.
8. Sammy had to \_\_\_\_\_ to his parents the reason he was getting married.
9. \_\_\_\_\_ communication involves matching what you say to your body language.
10. Tim knows he should \_\_\_\_\_ the results of his decision so he'll know whether or not to make the same choice in the future.

**(UNIT 1 TEST cont'd)**

Part II: Multiple Choice. Please circle the correct answer.

11. Self-sufficiency means you are able to do what?  
A. make noise                      B. take of your needs                      C. stay out late
12. Decisions give you \_\_\_\_\_ of your life.  
A. power and control                      B. weakness and headaches                      C. hugs and kisses
13. Which of the following is a barrier to decision-making?  
A. taking risks                      B. asking for help                      C. indecision
14. Which of the following is an effective way to avoid the barriers to decision-making?  
A. use guidelines/steps                      B. never make decisions                      C. ignore them
15. You should always insist on participating in decisions that impact what?  
A. your taste                      B. your look                      C. your quality of life
16. Self-advocacy means what?  
A. standing up for yourself                      B. standing up for your dog                      C. standing up for exercise
17. What does it take to be able to effectively advocate for yourself?  
A. time and practice                      B. experience                      C. Both A & B
18. Skills plus knowledge equal successful what?  
A. self-denial                      B. self-advocacy                      C. self-worship
19. When do you need to ask for help?  
A. always                      B. never                      C. sometimes
20. Mistakes are one of the greatest what?  
A. lawyers                      B. doctors                      C. teachers



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Name

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Date

**UNIT 1: WHAT DID YOU LEARN?**

- |   |      |       |
|---|------|-------|
| 1. Some people value money more than their health.  | True | False |
| 2. If you are self-sufficient, you are able to do what you need to do independently.        | True | False |
| 3. People make many decisions each day.   | True | False |
| 4. Some of the most important decisions you will ever make occur during your teenage years. | True | False |
| 5. Decisions give you power and control over your life.                                     | True | False |
| 6. A barrier to decision-making is lack of information.                                     | True | False |
| 7. The first step in decision-making is to identify the decision you need to make.          | True | False |
| 8. If you are making an important decision, do it as quickly as possible.                   | True | False |
| 9. You should not let others pressure you into making any type of decision.                 | True | False |
| 10. You should not ask for help when making decisions.                                      | True | False |
| 11. Self-advocacy means standing up for yourself.   | True | False |
| 12. Body language is a big part of communication.   | True | False |
| 13. You should always have a reason before you ask for help.                                | True | False |
| 14. The ability to appreciate yourself is an important skill for self-advocacy.             | True | False |
| 15. You need to have knowledge and skills to advocate for yourself.                         | True | False |

## UNIT 2

### I'M AN ADULT. SO NOW WHAT?

(pages 24-44)



### UNIT 2 OBJECTIVES

The student will be able to:

1. Discuss what rights and responsibilities he or she has as an 18 year-old.
2. Know what guardianship means.
3. Know the difference between a pediatric and an adult doctor.

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Name

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Date

**UNIT 2: WHAT DO YOU KNOW?**

- |  |      |       |
|--|------|-------|
| 1. Does turning 18 years old change your legal rights?                                     | True | False |
| 2. Once you turn 18, are your parents still legally required to support you?               | True | False |
| 3. Is every person ready to live by themselves as soon as they turn 18?                    | True | False |
| 4. If you break the law and you are 18, is your criminal record permanent?                 | True | False |
| 5. If you are an adult, should you see a pediatric doctor?                                 | True | False |
| 6. Should you write down your health information to take with you to your new doctor?      | True | False |
| 7. Should you always go by yourself to your doctor visits?                                 | True | False |
| 8. Should you tell your doctor about any allergies you have to medications?                | True | False |
| 9. Is it okay if you do not understand what your doctor tells you, and don't ask for help? | True | False |
| 10. Should your doctor treat you with respect?   | True | False |
| 11. Should you interview a doctor before you decide to choose her or him as your doctor?   | True | False |
| 12. Is it possible to use the internet to find doctors in your area?                       | True | False |
| 13. Does full guardianship mean you get to make all of your own medical decisions?         | True | False |
| 14. Can a client advocate be a family member or friend?                                    | True | False |
| 15. Do you think you might ever need some help with making healthcare decisions?           | True | False |

## UNIT 2: WORDS TO KNOW

**Adult** - in legal terms, any person who is age 18 or older.

**Consent** – acceptance or approval of what is planned or done by another person.

**Contract** – an agreement between 2 or more parties that can be written and enforced by law.

**Entitlement** – a right to benefits that is granted by law or contract.

**Felony** - crime punishable by death or imprisonment for more than a year.

**Financially** – relating to money.

**Guardianship** - to provide a legal guardian for people who need assistance in making decisions.

**Health Surrogate** - a person with legal authority to make medical decisions for you during an emergency or another situation in which you cannot speak for yourself.

**Incompetent** - when a person is unable to make informed decisions on his/her own.

**Juvenile** – a young person below the legal age of 18.

**Misdemeanor** – a crime punishable by a fine and/or a short prison sentence.

**Obligation** – sense of duty or a promise.

**Pediatric** – the part of medicine that deals with infants and children.

**Penicillin** – a type of antibiotic drug that treats types of infections and diseases.

**Permanent** – lasting or remaining without change.

**Possess** – to have as property or to own.

**Power of Attorney** - a person with legal authority to make decisions on specific matters on your behalf.

**Restriction** – a limitation on the use of something.

**Violation** – a disrespectful act and/or a less serious crime.

**Will** – a legal statement of how a person wishes his or her things to be taken care of after they die.

## UNIT 2: LESSON 1

### WHAT DOES IT MEAN TO BE 18?



Turning 18 means you are now legally considered an **adult**. You have rights that you did not have before turning the magic age of 18. Although this book primarily discusses health care transition issues, we will begin by looking at the major rights you now have as an 18 year-old. You need to be informed so that you can make decisions that are based on knowledge, and not just on what your friends tell you.

What are these rights that everyone keeps telling you about? You have the right to:

- Vote in national, state, and local elections.
- Live independently from your parents and be free of their control.
- Marry without your parents' permission.
- Enter into a **contract**.
- Make a **will**.
- Run for some elective offices (you have to be 35 to run for president).
- Obtain medical treatment without the **consent** of your parents.
- Apply for credit in your own name.
- Work in all types of jobs.
- Purchase and use tobacco products.
- Serve on a jury.
- Get a tattoo.
- Donate your body to medical science (of course, you have to die first!).
- Join the Armed Forces without parental consent.

All of these rights are very exciting but you also have new responsibilities as an adult.

What are some of these new responsibilities?

- Your parents are no longer required to support you.
- Others will look to **you**, not your parent or guardian, to make decisions, provide information, and handle the activities that affect your life.
- You are responsible for all your actions. If you violate the law, you will be tried and sentenced as an adult, not as a **juvenile**.
- You may sue and be sued by others for contracts that you make.
- You may be called for jury duty.
- You can be sued for child support and the medical bills relating to you child's birth.
- If you are male, you must register with the Selective Service.

Even though you are considered an adult, the following **restrictions** apply until you reach 21 years of age:

- You cannot purchase, possess, or use alcohol
- You cannot purchase, possess, or use a hand gun.

Now that you've read about the major rights and responsibilities of becoming 18, let's take a closer look at what some of these issues mean to **you!**

### **Voting**

Did you know that when this country was first created in 1789, only white men who owned land and were at least 21 years old could vote? Fortunately the rules were changed. In the past, black Americans, women, and people who were poor fought very hard to earn their right to vote. The voting age has been lowered to 18 and you don't have to fight for the right to vote. All you have to do is register and go vote. Remember, your vote can make a difference!

### **Living Independently**

Did you know that the "magic" age of 18 was decided back in the Greek and Roman times? It was based on outward appearances, because males seemed to have reached their full physical development. It was not based on the ability to live successfully on your own. So don't feel like a baby if you are not ready to be independent at age 18.

Here are some facts (Brannen, 2000):

- Only 5-10% of 18-year olds live on their own (financially) in America.
- Human beings reach full biological and psychological development between the ages of 23 and 25.
- Most Americans live on their own (financially) after the age of 24.

Living on your own can be a scary thought for many young people. Just because you are 18 does not mean you are financially (have the money) and/or emotionally (are mature and can handle everything) ready to live by yourself. It sounds like a great deal of fun, but the responsibilities of paying all your bills (rent, car payment, groceries, doctor, dentist, food, utilities, etc.) can be overwhelming. The best advice is to talk with your parents and plan for your future independence. Don't move out without using your head. Remember, most Americans are age 24 or older before they are ready to live independently.

### **Foster Care**

You might ask, "What if I'm in foster care? How do I make it on my own at 18?" Just remember you are ***not*** alone. There is a system of services through our state and federal government to help you transition from foster care to independent living. Ask your case worker and be informed. Don't be someone who ends up in the streets or in prison.

### **Getting Married**

"I am so in love and I want to get married. I'm 18 so no one can stop me. All I have to do is get my marriage license and I can live happily ever after." Have you even heard someone say these things? Commit this to memory: getting married is a huge responsibility! You have to live with that person every day for the rest of your life. Living with them means listening to their opinions, taking care of them when they are sick, maybe supporting them financially, and loving them even when they don't look so good anymore. It isn't easy. Sometimes, it's like living back

at home with your parents. Take the time to get to know yourself, your significant other, and what you want out of a relationship. Remember, most teenage marriages end in divorce and at age 18, you are still a teenager.

### **Violating the Law**

First, know that one of your most precious rights is that you are presumed innocent until proven guilty. However, 18 year-olds are tried as adults in a court of law. A record of any conviction is maintained by the state. Many people are confused about the meaning of the terms **misdemeanor**, **felony**, and **violation**. Here are some examples of each:

#### **Violation:**

- Failing to stop your car at a stop sign
- Parking in a handicapped zone if you are not handicapped
- Littering where “no littering” signs are posted
- Punishable by a fine (money) or imprisonment in the county jail

#### **Misdemeanor:**

- Trespassing
- Shoplifting (under \$300 in most circumstances)
- Vandalism
- Punishable by fine or imprisonment in prison for two and one-half years or less

#### **Felony:**

- Shoplifting (more than \$300 in most circumstances)
- Assault and battery with a dangerous weapon
- Discharging a firearm within the city limits
- Robbery
- Rape
- Child Abuse
- Murder
- Punishable by imprisonment in a state prison for two and one-half years or more

Now that you are 18, your criminal record is **permanent**. A criminal record will have a negative impact on many aspects of your life, so be careful and don't break the law!



## **Contracts and Credit Cards**

When you get a credit card and you charge something, you still have to pay the bill because you have signed a contract. A **contract** is an agreement between two or more person that creates an **obligation** to do or not do a particular thing. Because you are now 18, the courts will enforce contracts you sign your name to. ***The most important rule is to read the contract!*** If you don't understand it, don't sign it.

## **Having My Baby**

You already know that having a child will completely change your life. But did you know that once you turn 18, you are responsible for that child whether you are married or not? That means you have to pay child support or the court can garnish your wages and/or put you in jail. Supporting your child financially, emotionally, and physically lasts a life time --- or at least until the child turns 18. Think before you act.

As you can see, freedom comes at a price called **responsibility**. Be careful to know the laws and your responsibilities as an 18 year-old.

\_\_\_\_\_

Name

\_\_\_\_\_

Date

## **UNIT 2: Lesson 1 Activity**

### **TRUE OR FALSE**

Please take the following True or False quiz to see what you have learned and what you remember. Answer the following statements with a "T" for true and "F" for false

When you turn 18 you can:

1. \_\_\_\_\_ legally purchases a hand gun.
2. \_\_\_\_\_ vote
3. \_\_\_\_\_ be free of your parents' control
4. \_\_\_\_\_ buy alcohol
5. \_\_\_\_\_ chose your own doctor
6. \_\_\_\_\_ sue someone
7. \_\_\_\_\_ legally purchase cigarettes
8. \_\_\_\_\_ be sentenced as an adult if you commit a crime
9. \_\_\_\_\_ get married without your parents' permission
10. \_\_\_\_\_ eat pizza for breakfast
11. \_\_\_\_\_ leave your foster home
12. \_\_\_\_\_ run for president
13. \_\_\_\_\_ join the army
14. \_\_\_\_\_ legally be responsible for supporting a child
15. \_\_\_\_\_ get put in jail for shoplifting
16. \_\_\_\_\_ have your criminal record cleared
17. \_\_\_\_\_ charge on your credit card and not pay the bill
18. \_\_\_\_\_ buy a house

## UNIT 2: LESSON 2

### WHAT IS GUARDIANSHIP AND DO I NEED IT?



Now that you are an expert on your rights as an 18 year-old, let's start examining what it means to be responsible for your own health care. This may mean asking for assistance. There are four major areas in life in which you are most likely to have difficulty with making decisions:

- Consenting to medical, dental, and surgical procedures.
- Managing money or property.
- Applying for governmental benefits and **entitlements**.
- Deciding on residential choices.

Think about these examples for a moment:

Example #1. You are told you have cancer. The doctor wants to know which type of treatment you want. Even though the doctors and nurses explained all your options, you do not understand everything they have told you. When you are confronted with a major decision, you will probably need some help with making an informed choice. Do you think you can handle situations like this that may come your way? *You may want some help.*

Example #2. Your great uncle just passed away and left you \$20,000.00. Everyone wants to borrow money from you and you need to know the best way to handle this situation. *You may want some help.*

One way to receive this help is through guardianship. Guardianship means to provide a legal guardian for people who need assistance in making decisions. People who have guardians must be found **incompetent**, or unable to make informed decisions on their own, by a court of law. A guardian is a person appointed by the court. Guardianship takes away individual rights,

but it is based entirely on the needs and best interests of that individual. There are several different levels of guardianship:

- **Full Guardianship** - Full guardianship removes all rights relating to the person and their property. In other words, the guardian makes all decisions for the individual. Full guardianship is necessary only in extreme cases.
- **Limited Guardianship** - A guardian is appointed and authorized to handle only those issues that the court finds the person incapable of taking care of by themselves, such as all medical issues or all money issues.
- **Voluntary Guardianship** – Voluntary guardianship is when the person *asks* the court to appoint a guardian for them to help with their property because they know they need help. This guardian can be fired by the person.

In Florida and several other states, there is a specialized form of guardianship for people with developmental disabilities called **Guardian Advocacy**. Guardian Advocacy does not require a person to be determined incompetent, and may be **voluntary** or **involuntary**. The person with a disability may voluntarily surrender some or all of his rights to a trusted person (generally a parent), or the parent may petition the court on behalf of the person. Obtaining guardian advocacy is an important option for some people. It is less expensive and the legal process is less difficult for families.

What if you know you may need some help but don't think you need a legal guardian for decision-making? What other choices do you have? Listed below are some less restrictive alternatives. Regardless of the type of support that you need, it will be **you** - not the court or another person – who determines when and how you need help.

- **Family and Friends** - Sometimes support from family and friends can be enough to allow the person to manage his or her own personal affairs.
- **Client Advocate** – You can appoint a family member or friend to become an advocate for you. This advocate can assist you with a variety of tasks, help you communicate with providers, and serve as a guide in making important decisions. An advocate who helps you specifically with medical decisions is called a Health Care Advocate.
- **Health Surrogate** - You may give another person legal authority to make medical decisions for you during an emergency or another situation in which you cannot speak for yourself. This is also called an “advanced directive.”
- **Power of Attorney** - You may give another person the legal authority to make decisions on specific matters on your behalf.

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Name

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Date

## **UNIT 2: Lesson 2 Activity**

### **WHAT TYPE OF SUPPORT IS USED?**

Directions: Fill in the blank with one the following types of support:

- |                           |                            |
|---------------------------|----------------------------|
| A. Full Guardianship      | D. Friend or Family member |
| B. Limited Guardianship   | E. Client Advocate         |
| C. Voluntary Guardianship | F. Power of Attorney       |

1. Barry has the ability to make decisions on his own except ones concerning his medical issues. The court appointed a guardian who has the legal authority to make all of Barry's medical decisions.

What is this type of support?

---

2. Sheila has given her mother the power of legal authority to help her with her banking needs. Her mom can go to the bank for Sheila and has access to all of Sheila's accounts.

What is this type of support?

---

3. The doctors told Marge she needed to have surgery on her brain. She needed to make several decisions about this surgery and she was afraid. She called her friend Barbara and asked her to come with her to her next appointment and help her decide what to do.

What is this type of support?

---

4. Marco was hit by a car and has a severe brain injury. He is not capable of making any decisions himself. The court appointed a guardian to make all decisions for him.

What is this type of support?

---

## UNIT 2: LESSON 3

### WHAT'S THE DIFFERENCE BETWEEN A PEDIATRIC AND ADULT DOCTOR?



By the time you are 18, you need to be thinking about seeing an adult health care provider. So what's the difference between a pediatrician and an adult doctor? The main difference is that pediatric doctors don't provide many of the services and screenings that young adults require in order to stay healthy. The offices are a little different, too. Most **pedsiatric** doctor's offices are family-focused, informal, and relaxed. Most of them have toys and children's reading materials. In an adult doctor's office, it is more business-like and formal. There won't be nurses swarming around you to make sure you are okay. Adult patients are expected to be able to answer questions, explain their problems, and do what the doctor asks them to do. In other words, if the doctor tells you he is going to give you a shot, you can't start crying for your mother!

Moving to a completely new environment can be stressful and may make you feel uncomfortable. The key is to plan ahead and pick a doctor that you are comfortable with. We will discuss more about doctor visits in Unit 3, but an important thing for you to remember right now is to be **prepared**. Being prepared means both *giving* and *receiving* information.

How and/or what to *give*:

- Important things about your symptoms and your health history.
- Personal information - even if you feel embarrassed.
- Written health information - so you don't forget!
- Medicines you are taking or a list of medicines and doses.
- Allergies or reactions you had to medications or other things.
- Alternative medicines or treatments you use.

How and/or what to *get*:

- Ask questions or your doctor will think you understand everything that was said.
- Bring someone with you if you think you need help.
- Ask your doctor to draw pictures if it will help to explain something.
- Take notes or bring a tape recorder to help you remember things.
- Let your doctor know if you need more time if the doctor is busy.

Don't forget to ask yourself:

- Am I comfortable with this doctor?
- Are they listening to me?
- Do I understand the answers to my questions?
- Am I treated with respect?
- Are they interested in me and what is happening in my life?
- Can I trust this person?

It is critical that you feel comfortable with your doctor and his office staff. If you do not, find another doctor! Here are some tips to select the best doctor for ***you***:

- Ask your pediatrician if he/she has any suggestions.
- Ask other adults with your type of disability about their doctor.
- Check the internet for adult doctors in your area.
- Ask friends and family members.
- *Interview* a doctor before you decide to choose him or her as your doctor.

***Don't forget, you have the right to choose your own doctor!***

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Name

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Date

## **UNIT 2: Lesson 3 Activity**

### **WHAT'S WRONG WITH THIS SCENARIO?**

Directions: Please read the following scenarios and fill in the blanks with one or two sentences describing what is wrong (blank #1) and how to correct (blank #2) each scenario.

#### **Scenario #1**

Percy has turned 18 and his pediatrician only takes patients that are under the age of 18. He is trying to figure out how to find a doctor for himself. He decides to call 9-1-1 to ask for their advice?

Blank #1 (What's wrong with this decision?)

---

---

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Blank #2 (What would be a better decision?)

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#### **Scenario #2**

Sarah went for her first visit to her new adult doctor. She told him about the problem she was having with headaches. She noticed that when she was talking to him he was looking at the newspaper. He did not look at her one time, and when she finished talking the doctor asked, "So, how did you hurt your knee?" Sarah then sighed, re-explained her problem, got her prescription, and left.



Blank #1 (What was wrong with Sarah's decision to re-explain her problem?)

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Blank #2 (What could Sarah have done instead?)

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### Scenario #3

Pedro went to his doctor for the first time with a very bad infection. He brought all his information about his medical condition and the medications he was taking. He talked with the doctor and liked him very much. After his visit, he had his prescription filled, then went home and took it with food like the directions said. After about 20 minutes, he started to feel really sick and thought it might be his medication. As he picked up the phone to dial 9-1-1, he remembered that he forgot to tell his doctor he was allergic to **penicillin**. Pedro was unconscious by the time help arrived. It was later found that his doctor had prescribed penicillin.

Blank #1 (What did Pedro forget to do while preparing for his visit to the doctor?)

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Blank #2 (What could have Pedro done to prevent his reaction to the medication?)

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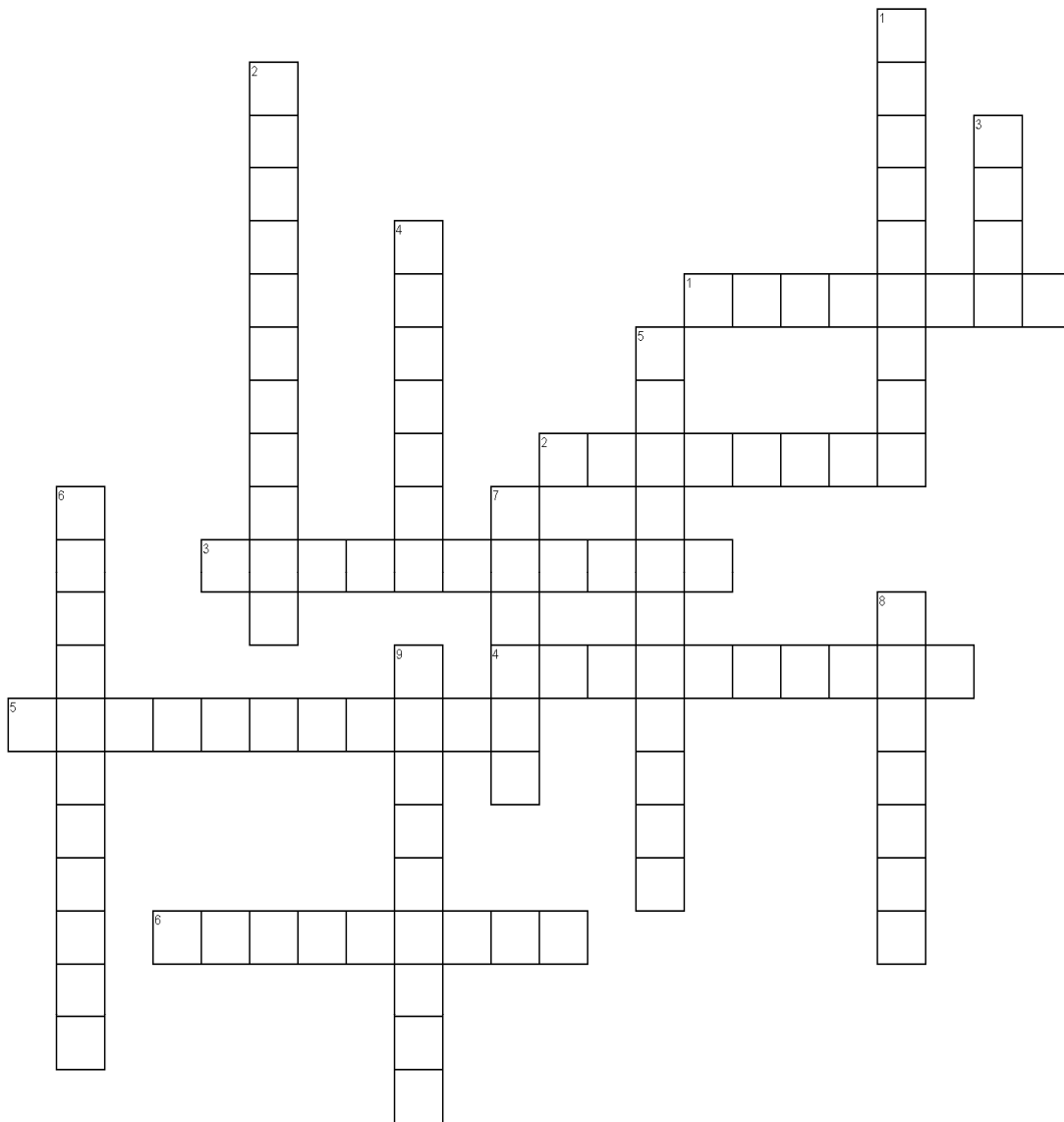
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### Crossword Puzzle - Unit 2 Crossword

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

Fill in the crossword puzzle by using the clues.



#### **Across**

1. \_\_\_\_\_ - a young person below the legal age of 18.
2. \_\_\_\_\_ - an agreement between 2 or more parties that can be written and enforced by law.

3. \_\_\_\_\_ a right to benefits that is granted by law or contract.
4. \_\_\_\_\_ - sense of duty or a promise.
5. \_\_\_\_\_ - a limitation on the use of something.
6. \_\_\_\_\_ - the part of medicine that deals with infants and children.

**Down**

1. \_\_\_\_\_ lasting or remaining without change.
2. \_\_\_\_\_ a type of antibiotic drug that treats types of infections and diseases.
3. \_\_\_\_\_ - a legal statement of how a person wishes his or her things to be taken care of after they die.
4. \_\_\_\_\_ - acceptance or approval of what is planned or done by another person.
5. \_\_\_\_\_ - relating to money.
6. \_\_\_\_\_ - a crime punishable by a fine and/or a short prison sentence.
7. \_\_\_\_\_ - crime punishable by death or imprisonment for more than a year.
8. \_\_\_\_\_ - to have as property or to own.
9. \_\_\_\_\_ - a disrespectful act and/or a less serious crime.

**Select your answers from the following words:**

Felony  
Restriction  
Juvenile

Contract  
Entitlement  
Misdemeanor

Penicillin -  
Pediatric  
Violation

Will  
Permanent  
Consent

Financially  
Possess  
Obligation

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

## UNIT 2 TEST: I'M AN ADULT. SO NOW WHAT?

Part I – Fill in the blank. Directions: Use the following word bank to fill in the blank with the appropriate word or letter.

Word Bank:

A. contract

B. felony

C. obligation

D. restriction

E. juvenile

F. independently

G. medicine

H. embarrassed

I. informed

J. voluntary

1. Even though you are considered an adult at 18 years of age, there are some \_\_\_\_\_s that apply until you reach 21 years of age.
2. You need to share personal information with your doctor even if you feel \_\_\_\_\_.
3. Ayden is 17 years old and wants to vote. She is not allowed to vote because she is still considered to be a \_\_\_\_\_.
4. On your first visit to a doctor's office, it is important to bring a list of \_\_\_\_\_s and their doses.
5. When you are confronted with a major decision, you will probably need some help with making an \_\_\_\_\_ choice.
6. When a person asks the court to appoint a guardian to help them with certain decisions it is called \_\_\_\_\_ guardianship.
7. Jess signed a \_\_\_\_\_ to purchase his new truck.
8. Dennis just turned 18. He is now able to make all of his medical decisions \_\_\_\_\_ if he chooses.
9. Chris, who is 18 years old, went to the mall with his new credit card and bought a new stereo system. He now has an \_\_\_\_\_ to pay his credit card bill every month.
10. Joe has to spend 10 years in prison because he committed a \_\_\_\_\_.

**(UNIT 2 TEST cont'd.)**

Part II: Multiple Choice. Please circle the correct answer.

11. When you become a legal adult you cannot do which of the following?  
A. Vote                                      B. Make a will                                      C. Buy a gun
12. If you are an 18 year-old male, who must you register with?  
A. Selective Service                      B. Your grandma                                      C. Uncle Sam
13. Most Americans live on their own after what age?  
A. 24                                      B. 18                                      C. 81
14. Who could you ask for help in selecting a doctor?  
A. Your vet                                      B. The President                                      C. Your pediatrician
15. If Jim is 18 and fathers a child, who has to share responsibility with the mom?  
A. Jim's parents                                      B. Jim                                      C. Jim's brother
16. What should you do if you do not trust your doctor?  
A. Cry to your mom                      B. Don't do what the doctor says                      C. Change doctors
17. Changing to a new doctor can be what kind of experience?  
A. Stressful                                      B. Smelly                                      C. Squishy
18. If you do not understand what your doctor says, what should you do?  
A. Keep quiet                                      B. Ask questions                                      C. Ignore the doctor
19. If you need help to remember what the doctor tells you, what could you do?  
A. Take notes                                      B. Not take notes                                      C. Don't worry about it
20. At what age is a person considered legally responsible for making all of his or her own medical decisions?  
A. 14                                      B. 5                                      C. 18

---

Name

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Date

**UNIT 2: WHAT DID YOU LEARN?**

- |   |      |       |
|---|------|-------|
| 1. Does turning 18 years old change your legal rights?                                | True | False |
| 2. Once you turn 18 are your parents still legally required to support you?           | True | False |
| 3. Is every person ready to live by themselves as soon as they turn 18?               | True | False |
| 4. If you break the law and you are 18, is your criminal record permanent?            | True | False |
| 5. If you are an adult, should you see a pediatric doctor?                            | True | False |
| 6. Should you write down your health information to take with you to your new doctor? | True | False |
| 7. Should you always go by yourself to your doctor visits?                            | True | False |
| 8. Should you tell your doctor about any allergies you have to medications?           | True | False |
| 9. Is it okay if you do not understand what your doctor tells you?                    | True | False |
| 10. Should your doctor treat you with respect?  | True | False |
| 11. Can you interview a doctor before you decide to choose her or him as your doctor? | True | False |
| 12. Is it possible to use the internet to find doctors in your area?                  | True | False |
| 13. Does full guardianship mean you get to make all of your own medical decisions?    | True | False |
| 14. Can a client advocate be a family member or friend?                               | True | False |
| 15. Do you think you might ever need some help with making health care decisions?     | True | False |

**UNIT 3**  
**WHICH DOCTOR IS FOR ME?**

(pages 45-73)



**UNIT 3 OBJECTIVES**

The student will be able to:

1. Identify when it is important to see a doctor.
2. Define doctors and specialists.
3. Describe when and how to choose an appropriate adult doctor.
4. Identify the steps in making a doctor's appointment.
5. Identify the steps when arriving at the doctor's appointment.
6. Complete his/her medical history.

---

Name

---

Date

**UNIT 3: WHAT DO YOU KNOW?**

- |  |      |       |
|--|------|-------|
| 1. Doctors need a license to treat people.   | True | False |
| 2. It is not important for teens to plan for adult medical needs during their teenage years. | True | False |
| 3. Specialists are not important.  | True | False |
| 4. You should ask your family and friends who their adult doctors are.                       | True | False |
| 5. You should choose an adult doctor carefully.  | True | False |
| 6. You should go to the doctors office to make an appointment.                               | True | False |
| 7. It is O.K. to be a little late for the doctor's appointment.                              | True | False |
| 8. You do not need to complete the doctor's registration form.                               | True | False |
| 9. Your medical history is part of the doctor's registration form                            | True | False |
| 10. It is important to visit doctors on a regular basis.                                     | True | False |



### UNIT 3: WORDS TO KNOW

**Adult doctor** – a doctor who provides medical services to adults rather than children.

**Appointment** - a set time for a meeting with someone or to do something.

**Dentist** – a doctor who provides regular check ups, and cares for teeth, gums, and mouth.

**Emergency** – a situation in which someone needs help immediately.

**Gynecologist** – a specialist who exams and treats women and their related disorders or diseases.

**Medical Home** – a team of health professionals that includes a Primary Care Provider (PCP). A person's "Medical Home" cares for him/her over an extended period of time, provides screening and preventive services, takes care of routine health problems, and makes referrals to specialty care providers or community resources.

**Ophthalmologist** - a doctor who monitors visual status; treats problems and diseases of the eyes.

**Pediatrician** – a doctor who provides primary care for children only.

**Pharmacist** – a person who has a license to prepare prescription drugs and gives out medicines according to a doctor's orders.

**Physician** – doctor

**Primary Care Provider (PCP)** – a doctor or other healthcare provider who provides regular medical check-ups, treats common health problems, and refers to specialists.

**Receptionist** – the office worker employed to receive visitors and answer the telephone.

**Specialist** – doctor who treats only certain disorders or diseases.

**Symptom-** the way that certain medicines or diseases may change the way a person acts, feels, or looks.

## UNIT 3: LESSON 1

### HOW DO I FIND AN ADULT DOCTOR?



Doctors, also called **physicians**, are trained and licensed to treat diseases, disorders, and medical emergencies. **Primary Care Providers (PCPs)** are doctors or other health care professionals who help care for your basic health needs. They also may be called family practitioners, family doctors, or internists. A PCP along with nurses, social workers, other health professionals becomes a “**Medical Home.**” A person’s Medical Home cares for him/her over an extended period of time, provides screening and preventive services, takes care of routine health problems, helps patients to schedule and follow-up on needed care, and provides educational resources specific to the person’s condition. Every person should have a Medical Home.

**Specialists** are doctors who treat only certain diseases or disorders. An example might be a dermatologist, a doctor who treats disorders and diseases related to the skin. Other specialists include obstetricians, podiatrists, psychiatrists, optometrists, and orthopedists. There are a variety of specialists to deal with special diseases and health problems.

Your choice of doctors will change with age and different situations. Some young adults will need many services, and others will need only a few. It is important that teenagers and their families plan ahead to ensure that their health care needs are met. If you do not already have an adult **PCP/Medical Home**, you should plan to transition from your **pediatrician** to an adult doctor at around age 18, but before age 21 or 22. It is very important to begin seeing an

adult doctor by that time so that you can receive age-appropriate services, like screening for cancers, heart disease, and high cholesterol. Young adults need to receive these kinds of screenings regularly, but pediatricians do not usually provide them. A plan for health care transition should be developed before you get out of high school. An adult physician should be selected during transition planning years. The pediatrician, who is familiar with the teenager and family, should share records and reports with adult providers to make the transition smooth and successful.

The first step is to decide which adult services are needed and to understand various types of health care providers. Regular and emergency health care providers for adults may include specialists, physicians, nurses, therapists, **pharmacists**, equipment providers, and/or medical supply companies.

Choosing the correct doctor or specialist is very important to your health care. The roles and services of specialists and other medical providers are as follows:

<b>Health Provider</b>	<b>Role</b>	<b>Typical Services</b>
Family Practitioner	Physician or Nurse	Provides regular health/medical care through routine visits, monitors health status; gives immunizations and prescriptions
Dentist	Dentist	Provides regular check-ups and care for teeth, jaws, and mouth.
Dietician	Nutrition Counseling	Provides assistance with nutritional needs, menu planning, and eating disorders.
Gynecologist	Physician	Provides regular care for female-related health.
Neurosurgeon	Physician	Specializes in surgery involving the nervous system (brain and spinal chord)
Ophthalmologist	Physician	Monitors visual status; treats problems and diseases of the eyes.
Optometrist	Practitioner	Assesses vision and prescribes glasses.
Pediatrician	Physician	Provides primary care to children.
Pulmonologist	Physician	Monitors status of lungs and respiratory system, treats problems in breathing.
Urologist	Physician	Monitors status of urinary and urogenital system, treats associated problems.

To find a physician, ask family and friends who their doctor is. Another way to find a doctor is to call your insurance carrier, a local hospital or medical association. They can give you names of doctors near you. Your pediatrician may be able to recommend an adult practitioner. If you move, your old doctor may be able to help you find a new one. If you need a specialist, ask your primary care doctor to recommend someone. Providers may also be identified through the yellow pages of your local telephone directory, the Internet, attending disability-related conferences and support groups, reading disability-specific newsletters and by attending trade shows.

Other important points to think about when shopping for a doctor are 1) how easy it is to visit the office, and 2) how that doctor will be paid. If the office is far away, it might be difficult for you to travel there. Some doctors want to be paid right away. Some require a co-payment for each service provided. Others may send you a bill or send a bill to your medical insurer. As you consider selecting and working with medical providers, you may want to ask the following questions:

1. Is the provider accredited, certified or licensed?
2. Are personnel trained and experienced in care of persons with disabilities similar to yours?
3. What services are provided?
4. Is there flexibility in scheduling?
5. How dependable is coverage for regular and emergency situations?
6. Is the provider located in a convenient, accessible place?
7. What hospital is the provider use?
8. Who will care for you if you are hospitalized?
9. Are they accepting new patients?

The next step is to choose and begin to use – on a regular basis - other health care providers for routine health care services. These providers should include a dentist and an ophthalmologist (eye doctor). Women should schedule a routine gynecological exam every one to two years, either with their primary care physician or with a **gynecologist**. When you have selected doctors, hospitals, and other medical providers, it is important to prepare an emergency contact list. This list should be posted in a visible place in your home so that emergency care workers will see it, possibly the front of the refrigerator.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

### UNIT 3: Lesson 1 Activity

#### USING THE YELLOW PAGES TO FIND PHYSICIANS

Part I. Doctors are listed under several headings in the Yellow Pages of the phone book. You need to understand what the headings mean in order to find the right doctor or specialist.

1. Read these word parts and their definition.

derma- relating to skin

obste- relating to childbirth

ophthalmo- relating to eyes

ortho- relating to bones

pedi- relating to children

podia- relating to feet

psych- relating to thinking

2. Directions: Read each sentence below. Identify the kind of doctor each person should see by writing the word or letter.

A. Pediatrician

B. Ophthalmologist

C. Dermatologist

D. Podiatrist

E. Orthopedist

F. Psychiatrist

G. Obstetrician

a. Sam has a bad rash. \_\_\_\_\_

b. David's feet hurt when he runs. \_\_\_\_\_

c. In the emergency room at the hospital, Mike learns that his knee is broken.  
\_\_\_\_\_

d. Sally's older sister is having a baby. \_\_\_\_\_

e. Billy has trouble reading the board at the front of the room. \_\_\_\_\_

f. Marie's baby brother has a high fever. \_\_\_\_\_

Part II. Directions: Answer the following questions.

1. Which phone book section do you look in if you are trying to locate a new doctor: the white pages section OR the yellow pages section?

\_\_\_\_\_

2. What is another name for “doctor” that you could use when using the phone book?

\_\_\_\_\_

3. Why might you need to use a phone book to locate a physician? \_\_\_\_\_

\_\_\_\_\_

4. How many pages are in the Yellow Pages for physicians? \_\_\_\_\_

Part III. Directions: Use the yellow pages section of the phone book to locate the following physicians and specialists.

1. Locate and write the name, address, and phone number of the first Physician & Surgeon, MD. \_\_\_\_\_

\_\_\_\_\_

2. Locate and write the name of the second Physician & Optometric, MD.

\_\_\_\_\_

3. Locate and write the address and phone number of the first Physician & Surgeon, DPM-Podiatric Medicine. \_\_\_\_\_

\_\_\_\_\_

4. Locate and write the phone number of the third Physician & Surgeon, MD-Dermatology.

\_\_\_\_\_

\_\_\_\_\_

5. Locate and write the name, address, and phone number of the first Physician & Surgeon, MD, that starts with the letter “M”. \_\_\_\_\_

\_\_\_\_\_

6. Locate and write the name and phone number of the first Physician & Surgeon, MD- Internal Medicine. \_\_\_\_\_

\_\_\_\_\_

7. Locate and write the name, address, and phone number of a dentist that starts with the same initial as your last name. \_\_\_\_\_  
\_\_\_\_\_
8. Locate and write the name address and phone number of a physician that you might use some time in the future. \_\_\_\_\_  
\_\_\_\_\_
9. Why did you pick that physician? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## UNIT 3: LESSON 2

### WHEN DO I NEED A DOCTOR?



You will have to see doctors for the rest of your life, so it is important to decide when you need a doctor. There are several times to see a doctor, such as for 1) emergency care, 2) illness or special health problem, and 3) regular check ups. Deciding to see the doctor depends on the circumstances.

Sometimes it is easy to know that you need a doctor's help. For example, if you have a bad car accident, then you need help right away. This kind of medical problem is called an emergency. In an emergency, you need to get help fast. Go to the emergency room at your nearest hospital. There are doctors in the emergency rooms 24 hours a day. In some situations, there might not be time to get to a hospital or you may not have transportation. Then you can call 9-1-1, a special phone number for emergencies. Ask for an ambulance or the fire department and they will rush help to you. Additional information on emergency preparedness will be discussed in Unit 7.

If you have pain, fever, or other symptoms of sickness, you might wonder, "Should I call the doctor?" or maybe, "Is this an emergency?" Sometimes your body can get well by itself.



You may start feeling better and your pains will go away. But sometimes your body needs help to fight illness. Then it's time to see a doctor.

It's up to you to decide when to see a doctor. You must decide how serious your symptoms are. Suppose you sneeze a lot and your nose is stuffed up. These are signs of a cold. Should you see a doctor? Probably not. These symptoms aren't serious enough for you to see a doctor. But suppose there is blood in your urine. Should you see a doctor? Yes, you should see a doctor right away.

If you are not sure how serious your symptoms are, don't take any chances. Don't try to treat yourself. Call the doctor and get help. Your doctor can treat the problem before it becomes worse. If the symptoms go on and on, the problem may be serious and you should see a doctor.

The list below has some examples of symptoms that are serious:

**Some examples of serious symptoms:**

- Blood or pain when you use the bathroom
- High fever for more than a day
- Cut or wound that will not heal
- Vomiting, or throwing up, over and over
- Bad headache that won't go away
- Bad pain in your stomach, back, or chest
- Bad cough
- Sore throat that won't go away

It is a good idea to see your doctor at least once a year for a medical check up. You should have a check up even if you are not sick. Having a check up is a good way to *stay* in good health.

During the check up, the doctor will give you a physical examination. This will let him know whether your body is working right. The doctor may find that you have a problem that you did not know about. If this happens, your doctor will catch the problem early, before it gets

more serious. The doctor may then refer you to another doctor or specialist. Remember, staying in good health is a key to a good future!

Not all medical problems are physical problems. People can also have emotional problems. These are often called mental health problems. They are problems that involve a person's feelings or thoughts. Anger, worry, and feeling alone can all be emotional problems. Most of the time, a person can handle these feelings and they eventually lessen. But sometimes the feelings are very strong and won't go away. They may interfere with your life. You may not want to be with your friends or do the things that you usually enjoy. Then you have a problem, and need to ask for help.

An emotional problem is like a physical problem in this way: without help, the problem may get worse. Your doctor can help you with emotional problems as well as physical problems. That's part of every doctor's training. You shouldn't feel shy or embarrassed. To the doctor, it is just another problem that needs attention. Sometimes, just talking about your problem can help. Your doctor may refer you to a specialist or counselor that helps people work through their mental health problems.

It is important for you to tell your doctor or another adult if you are having problems with your feelings or thoughts. Don't wait to be asked! Know that your doctor or counselor will keep what you say confidential. It will stay private.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

**UNIT 3: Lesson 2 Activity**  
**PROBLEMS AND SYMPTOMS**

Part I. Directions: Finish the sentences with one of the words or letters below:

A. blood	D. emotional
B. chest	E. heal
C. fever	F. confidential

1. A high \_\_\_\_\_ is a serious symptom.
2. A cut that will not \_\_\_\_\_ is also a serious symptom.
3. If there is \_\_\_\_\_ when you move your bowels or urinate, see a doctor.
4. Pain in the stomach, back, or \_\_\_\_\_ is a sign of trouble.
5. Doctors are trained to handle \_\_\_\_\_ problems as well as physical problems.
6. Doctors will keep what you say \_\_\_\_\_.

Part II. Here are some medical problems and symptoms. Decide how serious each one is. Then put an **X** under **EMERGENCY**, **SERIOUS**, or **NOT SERIOUS**.

	<b>EMERGENCY</b>	<b>SERIOUS</b>	<b>NOT SERIOUS</b>
1. Trouble breathing			
2. High fever for more than a day			
3. Stuffed-up nose			
4. Heavy bleeding			
5. Poisoning			
6. Cut that will not heal			
7. Sneezing			
8. Blood in urine			
9. Vomiting over and over			
10. Becoming unconscious			

Part III. Directions: Match the words on the left with the correct words on the right. Put the correct letter on the line provided.

1. In a real emergency \_\_\_\_\_ a. an emotional problem.
2. Call your doctor right away if \_\_\_\_\_ b. at least once a year.
3. You should see your doctor if you have \_\_\_\_\_ c. questions about how the human body works.
4. You should have a checkup \_\_\_\_\_ d. you have serious symptoms.
5. Your doctor can answer \_\_\_\_\_ e. call an ambulance or the fire department.

## UNIT 3: LESSON 3

### HOW DO I MAKE AN APPOINTMENT?



After selecting a doctor, think about calling for an appointment. An appointment is a set time to meet with someone or to do something. Before you call, look at your schedule to see which dates/times work best for you. Think about missing school or work as well as arranging transportation. Write down dates/times that are good *and* ones that will not work due to something else already scheduled. Tell the scheduler the times and dates that work best for you, and request an appointment time.

Be prepared to answer personal questions from the scheduler. Make sure you have all your questions answered when making your appointment. Here are some questions the scheduler may ask you:

- What is your full name?
- What is your address?
- What is your phone number?
- Is this for a regular check-up, or do you have a particular problem?
- If there is a problem, what are your symptoms?
- What is your social security number?
- What is the name of your insurance provider?

Here are some questions you may want to ask the scheduler when you call for an appointment:

- What is your address?
- What's the best way to get to your office by car?
- Which bus goes by your office?
- How far away is your office? Could I walk? How long would it take?
- How long will my appointment take? When will I be finished?

Here are some ways to remember the dates and times for the doctor's appointment:

- Write the times and dates on a calendar.
- Ask the doctor's office to call you a day before the appointment.
- Write the information on a daily "To Do List"
- Share the information with family and friends who will help you remember.

---

Name

---

Date

**UNIT 3: Lesson 3 Activity**  
**MAKING A DOCTOR'S APPOINTMENT**

Part I - Multiple choice. Directions: Circle the correct answer.

1. Before you call to make an appointment you should look at what?  
A. Your feet                      B. Your schedule                      C. Your refrigerator
2. What might you need to arrange for your doctor visit?  
A. Transportation                      B. Respiration                      C. Proclamation
3. What dates/times should you write down before you call?  
A. The ones that will work    B. The ones that will not work    C. Both
4. What should you request from the scheduler?  
A. An appointment time    B. A recipe                      C. A plumber

Part II – Categorizing information. Directions: Read the directions/questions below and then place each under the appropriate category.

- A. What is the best way to get to your office by car?
- B. How long will my appointment take?
- C. What is your full name, address, and phone number?
- D. Write the times and dates on a calendar.
- E. Which bus goes by your office?
- F. Ask the doctor's office to call you a day before the appointment.
- G. Is this for a regular check-up, or do you have a particular problem?
- H. Share the information with friends to help you remember.
- I. What is the name of your insurance provider?

Category 1 – Questions the scheduler may ask you.

- 1.
- 2.
- 3.

Category 2 - Questions you may want to ask the scheduler.

- 1.
- 2.
- 3.

Category 3 – Ways to remember the dates and times for the doctor's appointment.

- 1.
- 2.
- 3.

## UNIT 3: LESSON 4

### WHAT DO I DO WHEN I GET TO THE DOCTOR'S OFFICE?



Be on time for your appointment. Arrive at the doctor's office about 15 minutes before your appointment. Figure out how you will get to/from your doctor's visit, then allow some extra time for travel. Remember that your appointment time is when you need to actually be in the doctor's waiting area and already signed in – not the time that you arrive at the front door of the building or medical center.

Once you arrive, go to the receptionist (the office worker who receives visitors and answers the telephone) and let that person know you are there. You may be asked to sign in. Fill in your full name and all other information on the sign-in sheet. You will need to have your health insurance card with you. It is important to have your *Communication Checklist* (page 65) available at this time.

On your first visit, the receptionist will ask you to complete a doctor's registration form. This form contains all of the information that the doctor needs to know about you, including

medical history, past health, and any current problems. The more information the doctor has, the better he or she can help you. Draw a circle around anything you don't understand. Ask the receptionist about your questions before you turn it in. The staff prepares the paperwork for the doctor.

After turning in the doctor's registration form, take a seat in the waiting room. The nurse will call you when the doctor is ready. The wait time will go by faster if you have something to do to keep busy. Make a list of things you might do, such as read a book, knit, write a letter to a friend, do a crossword puzzle, read a magazine, etc.



\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

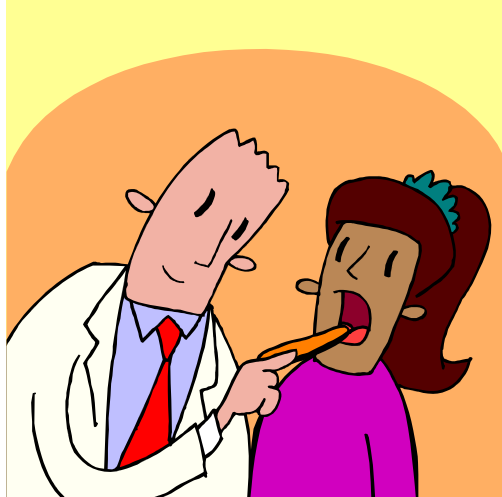
### UNIT 3: Lesson 4 Activity

## DOCTOR'S REGISTRATION FORM

Directions: Fill out this sample doctor's registration form. *Use case study information only (rather than your personal information) when completing this form as a classroom activity.*

Date _____					
Full name _____		Birth date _____	Marital status _____		
Home address _____		Zip _____	Home phone _____		
Occupation _____		Employer _____	Social security no. _____		
Business address _____		Zip _____	Work phone _____		
Name of spouse _____		Occupation _____	Employer _____		
Medical insurance company _____		Policy no. _____			
Referred by _____		Previous doctor _____			
In case of emergency, contact _____		Phone no. _____			
<b>Medical History</b>					
		<b>YES</b>	<b>NO</b>		
1. Have you ever been hospitalized, had major operation, or had serious illness? .....		___	___		
If so, explain _____					
2. Are you under any medical treatment now? .....		___	___		
3. Have you had any allergic reaction to any drug, including penicillin, codeine, novocaine, aspirin? .....		___	___		
4. Has there been a change in your health in the past year? .....		___	___		
5. Have you ever had a blood transfusion? .....		___	___		
6. Have you ever had kidney dialysis treatment? .....		___	___		
7. Have you ever had abnormal bleeding problems after a cot or tooth extraction? .....		___	___		
8. Are you now taking drugs or medications? .....		___	___		
If so, what? _____					
9. Has a physician ever informed you that you had:		<b>YES</b>	<b>NO</b>		
		<b>YES</b>	<b>NO</b>		
Heart Condition.....	___	___	Liver disease .....	___	___
High blood pressure.....	___	___	Sexually Transmitted Disease...	___	___
Rheumatic fever .....	___	___	AIDS or HIV .....	___	___
Thyroid Problems.....	___	___	Stomach or intestinal disease...	___	___
Stroke .....	___	___	Tumors or growths .....	___	___
Kidney Disease.....	___	___	Diabetes .....	___	___
Hemophilia .....	___	___	Tuberculosis .....	___	___
Asthma .....	___	___	Respiratory disease.....	___	___
Hepatitis .....	___	___	Epilepsy/Seizures.....	___	___
Cancer.....	___	___	Eye Problems.....	___	___
			Hearing Impairment .....	___	___
10. Women: Are you pregnant? _____					
Estimated date of delivery? _____					
11. Do you smoke? _____ (Packs/day _____ Number of years _____)					
12. Do you use alcohol or recreational drugs? _____					
(Frequency _____ Number of years _____)					
Signature _____					
Date _____					
<p><b><i>For Office Use Only.</i></b></p> <p>Medical History summary:</p>  <p>Blood pressure:</p>					

**UNIT 3: LESSON 5**  
**WHAT DO I SAY TO THE DOCTOR?**



When you talk with your doctor or other health care providers, it is very important to share information that will help them understand you better. Remember to take all of your medications with you when you visit your doctor. The information you share with your doctor or counselor is between the two of you. No one else needs to know this information unless you choose to share it.

You may find it helpful to use a “Communication Checklist” when you visit your doctor. Write a check by the items you think are important for your doctor to know. This information will help them make better decisions about how to help you.

---

Name

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Date**UNIT 3: Lesson 5 Activity****COMMUNICATIONS CHECKLIST**

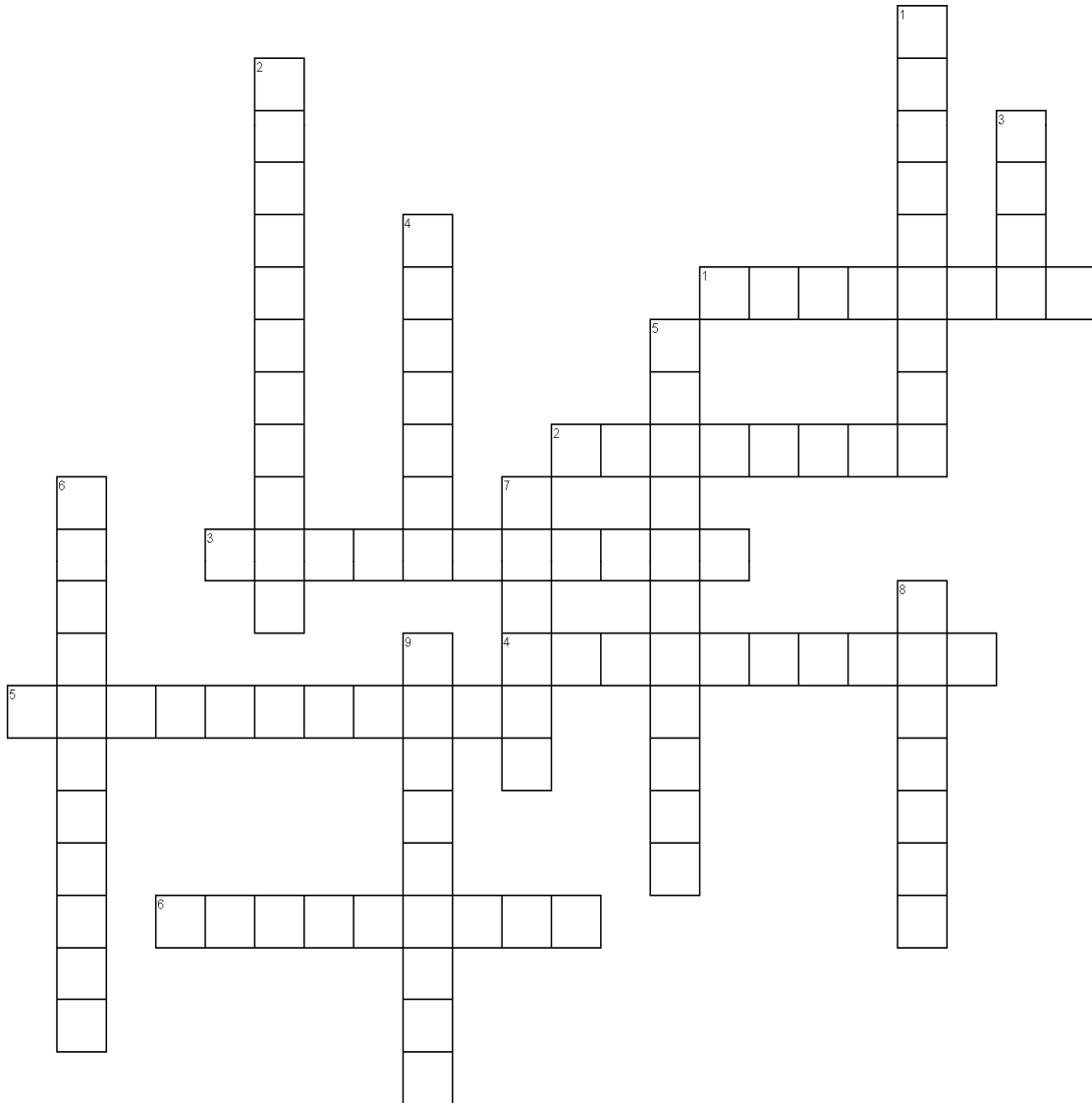
Directions: Role play going to the doctor. Fill out this checklist as if you were a patient, then take turns with other students switching from doctor to patient. *Use case study information only (rather than your personal information) during this classroom activity.*

<b>Health Information</b>	<b>This is important information to share with the doctor.</b>
I have gained a lot of weight lately.	
I have lost a lot of weight lately.	
I want to sleep most of the time.	
I have trouble sleeping.	
I have trouble remembering to take my medicine.	
I forget to take my medicine at the right time.	
I feel depressed or sad a lot of the time.	
I feel nervous or anxious a lot of the time.	
I have lots of headaches.	
My back really bothers me.	
My eyes water and I sneeze a lot.	
I sometimes have trouble breathing.	
My stomach hurts a lot.	
I am always really thirsty.	
I have trouble going to the bathroom.	
I seem to drink too much beer, wine, or alcohol.	
I want to quit smoking.	
I seem to be sick quite a lot.	
Other information you want to share:	

### Crossword Puzzle - Unit 2 Crossword

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

Fill in the crossword puzzle by using the clues.



#### **Across**

1. \_\_\_\_\_ - a young person below the legal age of 18.
2. \_\_\_\_\_ - an agreement between 2 or more parties that can be written and enforced by law.

3. \_\_\_\_\_ a right to benefits that is granted by law or contract.
4. \_\_\_\_\_ - sense of duty or a promise.
5. \_\_\_\_\_ - a limitation on the use of something.
6. \_\_\_\_\_ - the part of medicine that deals with infants and children.

**Down**

1. \_\_\_\_\_ lasting or remaining without change.
2. \_\_\_\_\_ a type of antibiotic drug that treats types of infections and diseases.
3. \_\_\_\_\_ - a legal statement of how a person wishes his or her things to be taken care of after they die.
4. \_\_\_\_\_ - acceptance or approval of what is planned or done by another person.
5. \_\_\_\_\_ - relating to money.
6. \_\_\_\_\_ - a crime punishable by a fine and/or a short prison sentence.
7. \_\_\_\_\_ - crime punishable by death or imprisonment for more than a year.
8. \_\_\_\_\_ - to have as property or to own.
9. \_\_\_\_\_ - a disrespectful act and/or a less serious crime.

**Select your answers from the following words:**

Felony  
Restriction  
Juvenile

Contract  
Entitlement  
Misdemeanor

Penicillin -  
Pediatric  
Violation

Will  
Permanent  
Consent

Financially  
Possess  
Obligation

\_\_\_\_\_

Name

\_\_\_\_\_

Date

### UNIT 3 TEST: WHICH DOCTOR IS FOR ME?

Part I. Directions: Answer the following questions.

1. What should you do if you are not sure how serious your symptoms are?

\_\_\_\_\_

\_\_\_\_\_

2. Why is it best to get help right away? \_\_\_\_\_

\_\_\_\_\_

3. How often should you have a checkup? \_\_\_\_\_

4. Why are checkups important? \_\_\_\_\_

\_\_\_\_\_

Part II. Directions: Fill in the blank with the word or letter from the word bank below.

Word Bank:

A. appointment

D. receptionist

B. dentist

E. specialist

C. pharmacist

F. doctor

1. The \_\_\_\_\_ checked Steve's teeth, jaw, and mouth for problems.

2. When arriving at the doctor's office, check with the \_\_\_\_\_ to sign in.

3. Sally had to go to a \_\_\_\_\_ to treat her special disorder.

4. John made an \_\_\_\_\_ to see the doctor on Thursday.

5. The \_\_\_\_\_ filled the prescription order from the doctor.

6. When looking for a \_\_\_\_\_ in the phone book, you can also look under the word "physician."

**(UNIT 3 TEST cont'd)**

**Part III. True/ False**

- \_\_\_\_\_ 1. A gynecologist deals with disorders related to women.
- \_\_\_\_\_ 2. At age 25, you should go to a pediatrician when you are sick.
- \_\_\_\_\_ 3. It is important to make a health care plan as part of your transition plan.
- \_\_\_\_\_ 4. It is only necessary to have one doctor during your lifetime.
- \_\_\_\_\_ 5. Your pediatrician may be able to recommend a family practitioner.
- \_\_\_\_\_ 6. You should consider how you will get to the doctors office.
- \_\_\_\_\_ 7. You should arrive 30 minutes before your appointment.
- \_\_\_\_\_ 8. The nurse will take care of all your paperwork.
- \_\_\_\_\_ 9. When you arrive at the doctors office you may need to sign in with the receptionist.
- \_\_\_\_\_ 10. The only doctor you need to see on a regular basis is the dentist.
- \_\_\_\_\_ 11. The first step in scheduling a doctor's appointment is to look at your schedule and see what dates and times are best for you.
- \_\_\_\_\_ 12. You should be prepared to answer questions from the scheduler when making an appointment.
- \_\_\_\_\_ 13. You will need to know your medical history to complete the registration form at the doctors office.
- \_\_\_\_\_ 14. One way to select a doctor is to ask friends and family who their doctor is.

Part IV. Directions: What happens when you arrive for a doctor's appointment? Put the steps in order from 1 to 4.

- \_\_\_\_\_ The receptionist takes my name.
- \_\_\_\_\_ I walk into the doctor's waiting room.
- \_\_\_\_\_ I wait for a nurse to call me.
- \_\_\_\_\_ I fill out a registration form.

---

Name

---

Date

**UNIT 3: WHAT HAVE YOU LEARNED?**

- |  |      |       |
|--|------|-------|
| 1. Doctors need a license to treat people.   | True | False |
| 2. It is not important for teens to plan for adult medical needs during their teenage years. | True | False |
| 3. Specialists are not important.  | True | False |
| 4. You should ask your family and friends who their doctors are.                             | True | False |
| 5. You should choose a doctor carefully.   | True | False |
| 6. You should go to the doctors office to make an appointment.                               | True | False |
| 7. It is O.K. to be a little late for the doctor's appointment.                              | True | False |
| 8. You do not need to complete the doctor's registration form.                               | True | False |
| 9. Your medical history is part of the doctor's registration form                            | True | False |
| 10. It is important to visit doctors on a regular basis.                                     | True | False |



**JOURNAL PAGE**  
**MEDICAL APPOINTMENT LOG**

*\* Use case study information only when completing this form as a classroom activity.*

Date	Appointment With:	
	Questions: 1: 2: 3:	<input type="checkbox"/> change in medications <input type="checkbox"/> change in treatment <input type="checkbox"/> other change
	What happened:	
Date	Appointment With:	
	Questions: 1: 2: 3:	<input type="checkbox"/> change in medications <input type="checkbox"/> change in treatment <input type="checkbox"/> other change
	What happened:	
Date	Appointment With:	
	Questions: 1: 2: 3:	<input type="checkbox"/> change in medications <input type="checkbox"/> change in treatment <input type="checkbox"/> other change
	What happened:	

## JOURNAL PAGE

### MEDICAL HISTORY: ADDITIONAL INFORMATION

*\* Use case study information only when completing this form as a classroom activity.*

Directions: Fill in any other important medical information that is not included on the doctor's registration form (sample) that you completed for Lesson 4.


### IMMUNIZATIONS

When planning to travel outside the U.S., check with your physician to determine what immunizations are necessary.

Date	Item	Date	Item
	Hepatitis B		Polio
	Influenza		Smallpox
	Mumps		Rubella
	Measles		Typhoid
	Pneumonia		Tetanus/Diphtheria
	Tuberculosis		Other

### DEVICES AND PROSTHESES

(such as artificial joints)

Date	Item	Date	Item

### EYE INFORMATION

(prescription glasses, contact lenses)

	Sphere	Cylinder	Axis	Prism	Base
Right Eye (OD)					
Left Eye (OS)					

Add:

Base Curve:

Other:

Name of Physician:

Phone

### IMPORTANT HEALTHCARE DOCUMENTS

(such as Power of Attorney, Healthcare Surrogate, Living Will, Donor Card)

Document	Date Signed	Where Filed

## JOURNAL PAGE

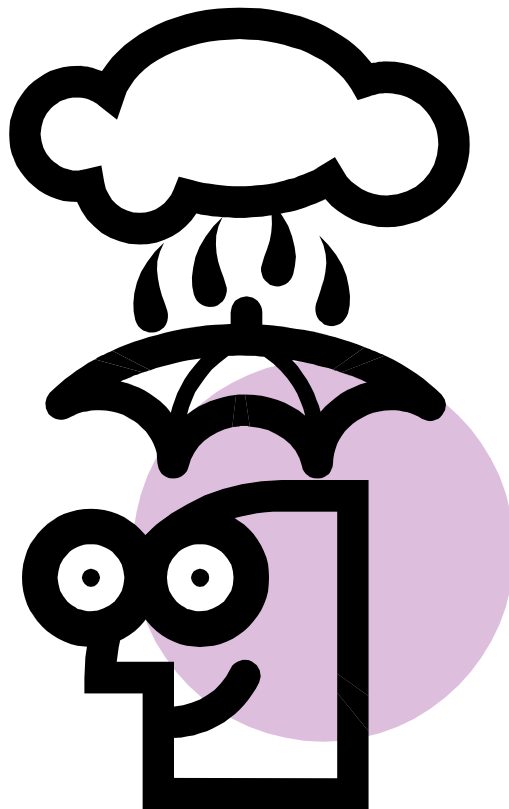
### MEDICAL HISTORY: FAMILY HISTORY

It is important for everyone to know what types of diseases or medical conditions run in their families. Have your parent or guardian help you complete this form for your Health Journal. *However, use case study information only when completing this form as a classroom activity.*

Medical Condition	Mother	Father	Maternal Grandmother	Maternal Grandfather	Paternal Grandmother	Paternal Grandfather
Birthplace						
Occupation						
Alcoholism						
Allergies						
Blood/Circulation						
Depression						
Cancer						
Diabetes						
Digestive System						
Drug Sensitivities						
Eye Disorder						
Heart Disease						
Hearing Disorder						
Hypertension						
Kidney Stones						
Liver Disorder						
Musculoskeletal						
Reproductive System						
Respiratory System						
Stroke						
Urinary/Prostate						
Major Surgery						
Alzheimer's Disease						
Other						
Age/Cause of Death						

**UNIT 4**  
**DO I NEED INSURANCE?**

(pages 74-91)



**UNIT 4 OBJECTIVES**

The student will be able to:

1. Explain why health insurance is important.
2. Describe group and individual health insurance.
3. Describe Medicaid.
4. List what to consider before buying health insurance.

---

Name

---

Date

#### **UNIT 4: WHAT DO YOU KNOW?**

- |  |      |       |
|--|------|-------|
| 1. It is important to have health insurance?                                 | True | False |
| 2. You should keep your health insurance card with you at all times?         | True | False |
| 3. Group health insurance is always better than individual health insurance. | True | False |
| 4. Individual health insurance is paid by companies.                         | True | False |
| 5. Medicare is paid by individuals.  | True | False |
| 6. The cost is the only thing to consider when buying health insurance.      | True | False |

## UNIT 4: WORDS TO KNOW

**Annual limit** – the limit on the amount that the health plan will pay that year.

**Co-payment** – a part of the medical bill that is paid by the patient. This can be a percentage of the bill or a fixed amount set by the health insurance plan.

**Coverage** – the items in the health care plan that are paid for by the insurance company.

**Deductible** – the amount on the medical bill that the patient must pay first each year.

**Group health insurance** – a health plan bought for a large group of people such as a company.

**Health insurance** – a health plan that helps pay for health costs.

**Individual health insurance** – a health plan paid for by the patient.

**Medicaid**- a government assistance program that helps pay for medical and health services for persons with limited incomes who *apply* and *qualify* for the program.

**Medicare**- a government assistance program for people who have severe disabilities or are at least 65 years old.

**Pre-existing conditions** – medical conditions that are diagnosed *before* you sign up for a particular health insurance plan.

**Premium** – the amount that you pay each month to the insurance company to be enrolled in the plan.

**Primary care physician (PCP)** – doctor who provides regular medical check-ups, treats common health problems, and refers to specialists; also called primary care provider.

**Publicly-funded** - paid for by the government with tax dollars.

**Supplemental Security Income (SSI)** – a government assistance program for people who are disabled *and* have limited income and resources.

## UNIT 4: LESSON 1

### WHAT HEALTH INSURANCE DO I NEED?



If you get sick, injured, or need to see a doctor, it is important to have health insurance. It will pay for most, or possibly all of the cost of your medical treatment. **Health insurance** is a plan that helps you pay for ongoing and unexpected health care services. Having health insurance is called “being **covered**.” Your health insurance company may send you an insurance card as proof of membership. ***Keep this card with you at all times!*** Doctors, hospitals, and pharmacies will ask to see your insurance card if you need their services.

Obtaining and maintaining insurance to cover health care is a major decision for all teenagers and their families. Unfortunately, understanding how health insurance works, what the plan options are, and which services are covered is a complex process. Most *adults* get frustrated with health insurance issues! So don’t feel bad if it seems overwhelming or confusing to you. As long as you know some basic information, you can ask for help with the details.

There are a variety of programs available that may help pay for health care in the transition to adulthood. Insurance is generally divided into two groups: public and private. Most people obtain private health insurance through their employers. Employees who work full time or attend

college are most often eligible for coverage. As an employee, you may have no choice about the insurance company or the type of coverage that is offered. Your employer pays a set amount to an insurance company for you and other workers each month. This is called **group insurance**. You and your employer may share the cost of health insurance. Most employers require **co-payments**, depending on the type of coverage or insurance plan. In addition to a monthly payment called a **premium** (which usually ranges from \$40 to \$100 per month) most insurance providers require co-payments for each doctor's visit, medical service, and prescription. Some employers may offer dental insurance - again, with a co-payment required. For example, many dental insurance plans pay 80% of dental costs and require the patient to pay the remaining 20%. Colleges often offer basic health insurance to students, sometimes included in tuition. If you are planning to go to college, inquire about the health plan that is offered.

If you do not have private group insurance, you may need to purchase private individual health insurance. While you should be able to choose an individual insurance plan that will meet your health needs, it is usually much more expensive than group insurance. It is very important for you to know what is covered by your health insurance. Health insurance is expensive, but vital, so shop for the best coverage. Remember, having **no** insurance is very risky and could end up being far more expensive than insurance.

**Medicaid** is a type of *public* health insurance. Publicly-funded health insurance is paid for by the federal and individual state governments. Each state's Medicaid program provides tax-supported medical coverage for eligible residents with low incomes and limited resources. For many families who cannot afford private insurance, Medicaid is an option. Across the United States, Medicaid provides health and medical coverage to many children and adults with disabilities and/or special health care needs. Medicaid is also the primary health care option for many unemployed or underemployed adults with disabilities. The Medicaid program differs from state to state; it also



changes *within* a state from time to time. In most states, people who qualify for **Supplemental Security Income (SSI)** are automatically eligible for Medicaid. In other states, SSI and Medicaid programs have different eligibility guidelines and require separate applications.

Some families who have a child with a disability have Medicaid as their child's primary form of health insurance due to the family's low income and limited resources. Other families may have income that is too high to be eligible for Medicaid. It is very important to know that when individuals reach age 18, they may become eligible for Medicaid based on their *personal* income and resources – regardless of their parents' income. That is, when a child turns 18, the family's income and resources are no longer considered in determining the young person's eligibility for Medicaid. In either case, a new application must be submitted once a child reaches age 18 in order to receive Medicaid benefits.

In Florida, children who receive SSI benefits automatically qualify for Medicaid. Children who receive SSI benefits must also reapply for SSI at age 18. Almost 1/3 of young people who reapply at age 18 get turned down for continued SSI benefits because eligibility guidelines change for adults.

Another type of public health insurance is **Medicare**. Medicare is paid for by the federal government. It serves people over 65, and persons of all ages with severe disabilities. For young people who are able to work, it is important to understand that the amount of money, benefits, or other assistance that individuals receive from the government (public programs) is determined by the amount of income they earn in their paid jobs.

If you're not sure whether you qualify for publicly-funded health insurance, you can call the local Social Security office or Medicaid office to get eligibility information. Because programs may change eligibility requirements from time to time, *applying* is really the best way to find out if

you're eligible. If your application is rejected, find out why. It is smart to file an appeal if you get rejected the first time.

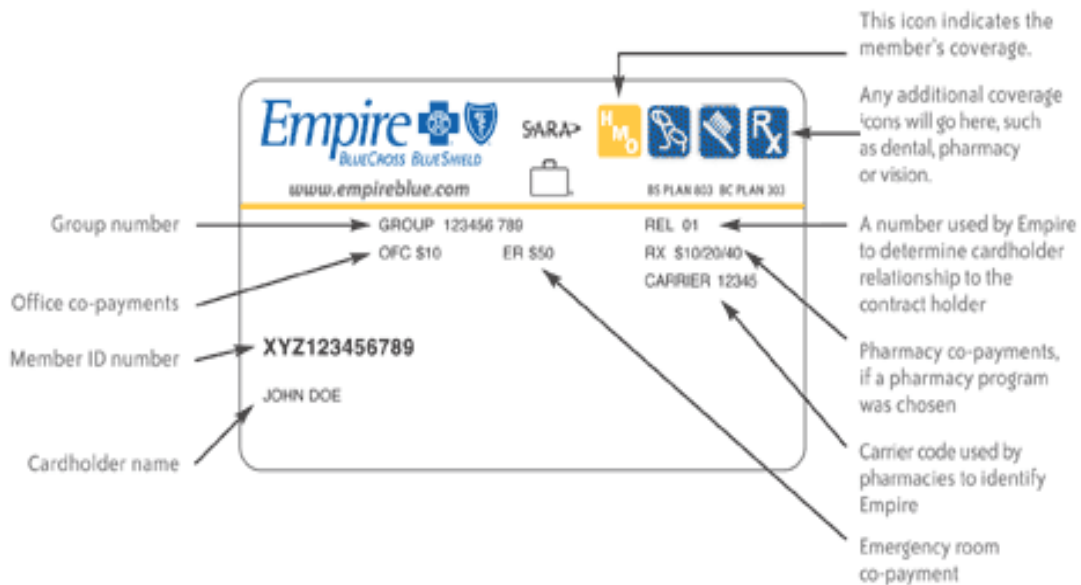
If you do not have any health insurance coverage, the doctor's office or hospital will explain the cost of the service to you. You may have to pay before they will help you. The best thing about health insurance is that you are covered for emergencies and expensive health costs. Being able to choose the right health insurance plan for your needs is a skill that will help you live independently.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

## UNIT 4: Lesson 1 Activity

### READING A HEALTH INSURANCE CARD



Directions: Select a word or letter from the following list to answer the question.

- |               |                                  |
|---------------|----------------------------------|
| A. HMO        | E. John Doe                      |
| B. 123456789  | F. XYZ123456789                  |
| C. \$10/20/40 | G. \$10                          |
| D. \$50       | H. Empire Blue Cross Blue Shield |

1. What is the name of the insurance provider? \_\_\_\_\_
2. What kind of converge does this member have? \_\_\_\_\_
3. What is the group number for the plan? \_\_\_\_\_
4. What is the name of the member (cardholder)? \_\_\_\_\_
5. How much is the co-payment for office visits? \_\_\_\_\_
6. How much is the co-payment for prescriptions? \_\_\_\_\_
7. How much is the co-payment for emergency room services? \_\_\_\_\_
8. What is the member ID number? \_\_\_\_\_

## UNIT 4: LESSON 2

### HOW CAN I BUY INSURANCE?



There are many items to consider when shopping for health insurance. First, consider your needs and your resources. Important items to look for are cost of the premium as well as coverage for doctor visits, hospital stays, and prescriptions. Other questions to ask when picking an insurance plan:

- Is a “fee-for-service” or a “managed care” health plan better?

When using a fee-for-services plan patients can go to doctors or hospitals of their choice.

Doctors submit bills to the health plan. The health plan reimburses the doctors for the majority of the bill and the patient pays for the remainder not paid by the health plan. A managed care health plan creates a network of providers – doctors, hospitals, pharmacists, etc. - from which a patient receives their health care. The patient selects a **primary care physician (PCP)**, also called a primary care provider. The PCP provides preventative health care, care of common illnesses and injuries, diagnoses and treats acute and chronic disorders, makes referrals to medical specialists. PCPs must be available 24 hours a day to provide and/or approve health care services that the patient receives.

- What types of health insurance plans are available?
  1. Conventional health insurance: Individual or Group Plans
  2. Managed care health insurance: Health Management Organization (HMO) or Preferred Provider Organization (PPO)
  3. Government-supported health insurance: Medicare, Medicaid (remember, Medicaid is automatically provided to SSI recipients)
- Is there a **deductible**? This is the part that you must pay first for medical bills each year.
- Is there a coinsurance? This means you pay together.
- Is there an **annual limit**? This would be the health plan limit for that year.
- How much is the **co-pay**? This will be a small amount that you have to pay for each medical service.
- Are my **pre-existing conditions** covered? This is any condition or diagnosis that was diagnosed before you signed up for the insurance plan.

Individual health insurance plans can differ. Shop around for a plan that best fits your needs. Talk to your employer or an insurance agent. An insurance agent can answer any questions you might have. Find out the total cost of each insurance plan for a year. Find how you can pay for it: is payment due weekly, monthly, or semi-annually? If you need other things for your health care (such as a stay in the hospital), find out what part of the cost you must pay. The insurance company will probably pay for most of it. It is important to ask if you can choose your own doctor, and whether your current doctor is a provider for the plan. Most insurance groups have a list of doctors that is called a “provider network.” Some plans will pay for services only if you see doctors in their network.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

## UNIT 4: Lesson 2 Activity

### ANALYZING INSURANCE

Choosing an insurance plan can be a difficult decision. With a partner, read about Plan A and Plan B. Then list some advantages and disadvantages for each plan. Decide which plan you would choose.

	<b>PLAN A</b>	<b>PLAN B</b>
Costs	\$75 per month	\$50 per month
Doctors	Chosen by insurance company	Any doctor you choose
Covered costs for doctor visits and hospital	Covers 100% of doctor visits, including physicals. No charge for hospital stays if you go to a hospital selected by the insurance company.	You pay the first \$200 per year of any medical expenses. Then insurance pays 80% of all other costs.
Prescriptions	\$10 for all prescriptions	\$10 for all prescriptions

#### 1. PLAN A

a. Advantages: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

b. Disadvantages: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### 2. PLAN B

a. Advantages: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

b. Disadvantages: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Which plan would you choose? Why? \_\_\_\_\_

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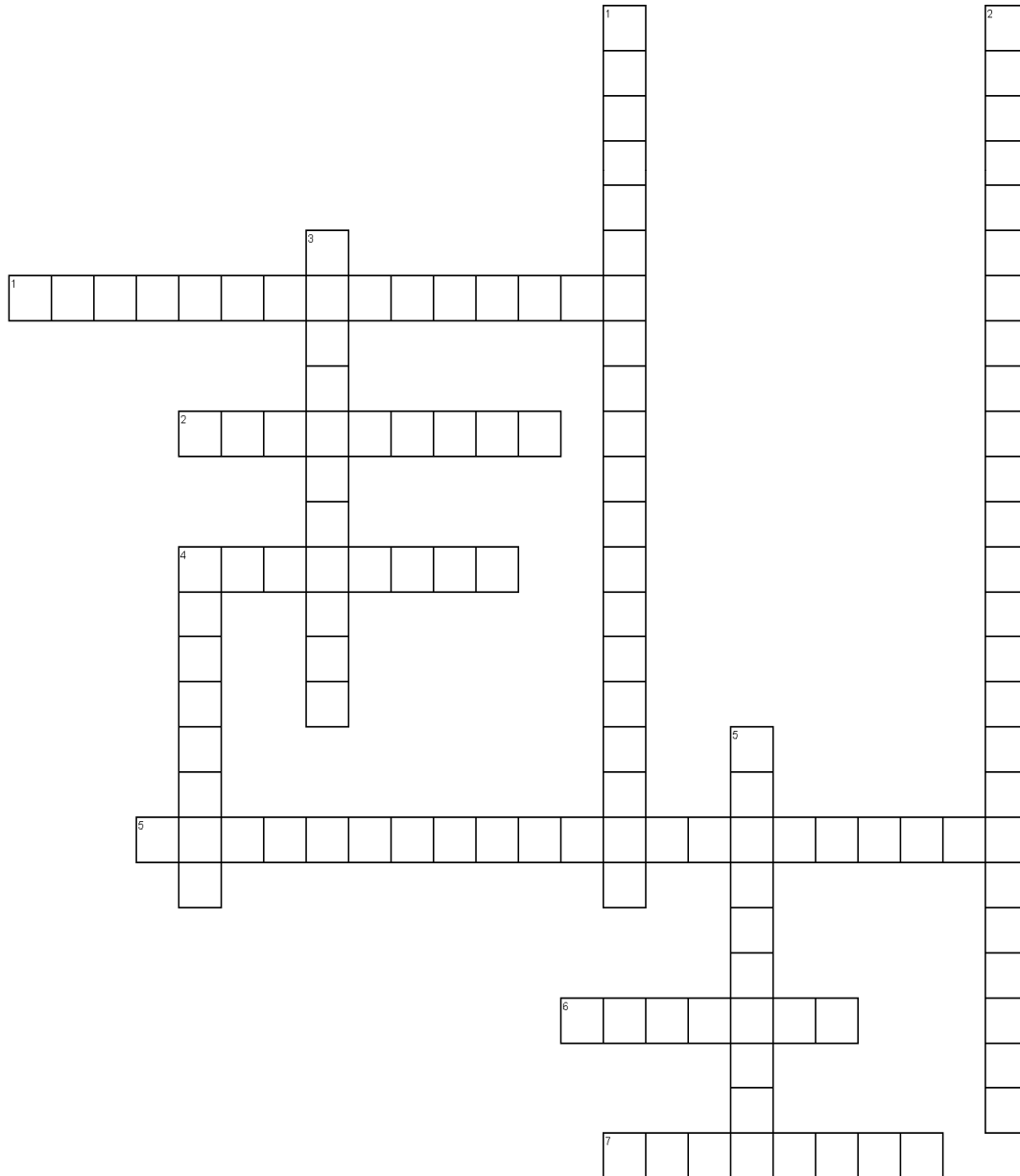
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### Crossword Puzzle - Unit 4 Crossword

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

Fill in the crossword puzzle by using the clues.



#### Across

1. \_\_\_\_\_ a health plan that helps pay for health costs.
2. \_\_\_\_\_ a part of the medical bill that is paid by the patient.
4. \_\_\_\_\_ a government assistance program that helps pay for medical and health services for persons with limited incomes who apply and qualify for the program.



5. \_\_\_\_\_ medical conditions that are diagnosed before you sign up for a particular health insurance plan.
6. \_\_\_\_\_ the amount that you pay each month to the insurance company to be enrolled in the plan.
7. \_\_\_\_\_ the items in the health care plan that are paid for by the insurance company.

**Down**

1. \_\_\_\_\_ a health plan bought for a large group of people such as a company.
2. \_\_\_\_\_ a health plan paid for by the patient.
3. \_\_\_\_\_ the limit on the amount that the health plan will pay each year.
4. \_\_\_\_\_ a government assistance program for people who have severe disabilities or are at least 65 years old.
5. \_\_\_\_\_ the amount on the medical bill that the patient must pay first each year.

**Select your answers from the following words:**

Annual limit

Premium

Group health insurance

Co-payment

Deductible

Health insurance

Medicaid

Coverage

Individual health insurance

Medicare

Pre-existing conditions

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

### UNIT 4 TEST: DO I NEED INSURANCE?

Part I. Directions: Select a word or letter from the word bank to complete the following sentences.

**Word Bank:**

- |                                |                                 |
|--------------------------------|---------------------------------|
| A. co-payment                  | F. primary care physician (PCP) |
| B. coverage                    | G. pre-existing condition       |
| C. deductible                  | H. premium                      |
| D. health insurance            | I. Medicaid                     |
| E. individual health insurance |                                 |

1. \_\_\_\_\_ is a plan that helps pay for health costs.
2. A health condition that was diagnosed before you signed up for insurance is considered a \_\_\_\_\_.
3. The cost of insurance coverage is a \_\_\_\_\_.
4. A health plan paid for by the individual is \_\_\_\_\_.
5. \_\_\_\_\_ refers to items in health plans that are paid for by the insurance company.
6. \_\_\_\_\_ is government assistance program for medical and health services for which you must qualify.
7. The doctor you select to be in charge of your health care will be your \_\_\_\_\_.
8. The portion you must pay first for medical bills each year is the \_\_\_\_\_.
9. \_\_\_\_\_ is the portion of the medical bill that is paid by the patient.

Part II. Directions: Write the word “True” or “False” for each of the following sentences.

- \_\_\_\_\_ 1. When you work full time, you may have group insurance through your employer.
- \_\_\_\_\_ 2. Health insurance is very cheap.
- \_\_\_\_\_ 3. Medicare is health insurance provided by the government.
- \_\_\_\_\_ 4. There are many items to consider when shopping for health insurance.
- \_\_\_\_\_ 5. Everyone has a Health Management Organization (HMO).
- \_\_\_\_\_ 6. You should only consider *cost* when buying health insurance.
- \_\_\_\_\_ 7. You should consider your needs and resources when buying health insurance.
- \_\_\_\_\_ 8. An insurance agent may be able to answer questions you have about the health insurance.
- \_\_\_\_\_ 9. There are several methods that are 100% effective in preventing pregnancy and sexually transmitted diseases.
- \_\_\_\_\_ 10. You can check with the Social Security office near you to see if you qualify for Medicare or Medicaid.

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Name

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Date

**UNIT 4: WHAT DID YOU LEARN?**

- |  |      |       |
|--|------|-------|
| 1. It is important to have health insurance.                                 | True | False |
| 2. You should keep your health insurance card with you at all times.         | True | False |
| 3. Group health insurance is always better than individual health insurance. | True | False |
| 4. Individual health insurance is paid by companies.                         | True | False |
| 5. Medicare is paid by individuals.  | True | False |
| 6. The cost is the only thing to consider when buying health insurance.      | True | False |

**JOURNAL PAGE**  
**YOUR INSURANCE INFORMATION**

*\* Use case study information only when completing this form as a classroom activity.*

Insurance Company \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Person's ID #: \_\_\_\_\_

Group Policy #: \_\_\_\_\_

Insured's Name: \_\_\_\_\_

Social Security #: \_\_\_\_\_

Employed by: \_\_\_\_\_

Work Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_

**Policy Benefits:**

Per person deductible: \$ \_\_\_\_\_

Family deductible: \$ \_\_\_\_\_

Doctor visit co-pay: \$ \_\_\_\_\_

Hospital co-pay: \$ \_\_\_\_\_

Emergency room co-pay: \$ \_\_\_\_\_

Preauthorization required for: (list ct scans, x-rays, MRIs, scheduled hospital visits, etc):

\_\_\_\_\_  
\_\_\_\_\_

Phone number for authorizations: Tests ( ) \_\_\_\_\_

Hospital ( ) \_\_\_\_\_

Emergency Rooms benefits:

Deductible \$ \_\_\_\_\_

Prescription Coverage:

Generic \$ \_\_\_\_\_ Brand name \$ \_\_\_\_\_

Non-formulary \$ \_\_\_\_\_

## UNIT 5

### WHAT DO I NEED TO KNOW ABOUT MEDICATIONS?

(pages 92-116)



#### UNIT 5 OBJECTIVES

The student will be able to:

- Identify prescription versus over-the counter drug definitions and usage.
- Know how to use medications safely.
- Read and interpret prescriptions and over-the counter drug labels.
- Identify and explain his or her personal medication needs.

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Name

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Date

### UNIT 5: WHAT DO YOU KNOW?

- |  |      |       |
|--|------|-------|
| 1. Over-the-counter drugs are also called nonprescription drugs.   | True | False |
| 2. Over-the-counter drugs are available without a prescription.  | True | False |
| 3. Can over-the-counter drugs cause harm to the body?  | True | False |
| 4. Prescription drugs are not available without a prescription.  | True | False |
| 5. All prescription drugs have side effects.   | True | False |
| 6. You should not take medicine in a dark room.  | True | False |
| 7. Reading an over-the-counter medication label is just as important as reading a prescription medication label. | True | False |
| 8. The doctor has the final choice about your medication.  | True | False |
| 9. It is okay to take medication that is expired.  | True | False |
| 10. The best way to take liquid medication is drinking it straight from the bottle.                              | True | False |
| 11. You should keep a written list of all your medications.  | True | False |
| 12. If your prescription medication is not working, you should stop taking it.                                   | True | False |
| 13. A day is defined as a 12 hour period.  | True | False |
| 14. Warning labels are extra directions for taking your medication.  | True | False |
| 15. Some doctors require their authorization before you can refill your prescription.                            | True | False |

## UNIT 5: WORDS TO KNOW

**Anxiety** - a feeling of uneasiness, uncertainty, fear, or nervousness.

**Authorization** – the right to give orders or make decisions.

**Avoid** - to keep from happening

**Discard** – throw away.

**Dosage** – the *amount* of medication a person takes at one time.

**Drowsiness** - a very sleepy state.

**Generic Drug** - a drug with no company name that is made with the same ingredients and used for the same diseases as a drug from a well-known company.

**Intensify**- to make more intense (stronger).

**Manufacturer** – a business or company that makes a product.

**Milligrams** – a unit of weight. This is often used to describe medication *dosage* or strength.

**Milliliters** – a unit of volume (liquid medication).

**Over-the-counter drugs** – drugs that can be legally purchased without a doctor’s prescription in a grocery store, drug store, or discount store. These are also called “nonprescription drugs.”

**Pharmacist** – a person who has a license to prepare prescription drugs.

**Prescription drugs** – drugs that can be bought only with a doctor’s prescription.

**Quantity** – an exact amount or number; a measurement.

**Severity** – extremely bad or unpleasant in degree.

**Side effects** – the undesirable ways that drugs can act on the body.

**Specifications**- an exact, detailed description for how something is to be done.

**Strep throat** – a sore throat caused by strep germs.

**Syringe** - a medical device used to inject fluids into or withdraw from the body



## UNIT 5: LESSON 1

### WHAT'S THE DIFFERENCE BETWEEN OVER-THE-COUNTER AND PRESCRIPTION MEDICATIONS?



Medicines are classified in two ways: over-the-counter and prescription medications.

#### **Over-the-Counter Medications**

**Over-the counter drugs** are available without a doctor's prescription. They can be found on shelves of any drug store or pharmacy. These drugs include aspirin, cold remedies and cough syrups, laxatives, and many others. These drugs have instructions that are easy to follow. They are also called nonprescription drugs. Over-the-counter drugs are used to ease minor medical problems. You may use over-the-counter drugs to treat headaches, colds, coughs, and other less severe medical problems. Aspirin may help lessen the pain for a headache. Cough syrup helps eliminate the urge to cough. Laxatives may help occasional constipation.

These drugs do not cure an illness, but can help you feel better. However, if you do not follow the instructions or use them in ways they are not intended to be used, then you are misusing the drugs. Even these relatively safe drugs can cause harm. Too much aspirin can cause internal bleeding and other disorders. The constant use of cold medicines can harm your sinuses. Many of these drugs can cause sleepiness or an inability to sleep or relax. Additional information

is provided in Lesson 2. Take a look at the following chart of several pain relievers and note the serious side effects that are possible, and then read the tips for choosing over-the-counter medicines.

#### Examples of over-the-counter pain relievers

	Effects	Possible Side Effects
Aspirin	<ul style="list-style-type: none"><li>• Relieves pain</li><li>• Reduces fever</li><li>• Reduces swelling</li></ul>	<ul style="list-style-type: none"><li>• Causes stomach irritation and bleeding</li><li>• Associated with Reye's syndrome in children and adolescents</li></ul>
Ibuprofen	<ul style="list-style-type: none"><li>• Relieves pain</li><li>• Reduces fever</li><li>• Reduces swelling</li></ul>	<ul style="list-style-type: none"><li>• May cause liver damage in high dosages</li></ul>
Acetaminophen	<ul style="list-style-type: none"><li>• Relieves pain</li><li>• Reduces fever</li></ul>	<ul style="list-style-type: none"><li>• Can cause stomach irritation and bleeding</li></ul>

Here are some tips for choosing over-the-counter medicines:

- If you have questions, ask your doctor or pharmacist.
- Although it can seem overwhelming, take the time to look at all of the choices.
- Read the label carefully, and note what symptoms the medicine will help.
- Look for a medicine that will treat only the symptoms you have. For example, if you have only a runny nose, don't pick a medicine that also treats coughs and fever.
- Note how much medicine you should take and what side effects it may cause.
- Note what medicines or foods you should not take with the medicine.
- Check to see if the medicine causes problems for people with certain health problems (such as high blood pressure or asthma).

#### Prescription Medications

**Prescription drugs** are not available without a doctor's prescription because they can be dangerous. Prescription medication is ordered by a doctor to treat a patient's specific condition. The label on the bottle or container will tell you how many times a day to take the medicine. It will also have your name, your doctor's name, the date the prescription was filled, the expiration date, the name of the drug store, and the prescription number. A **pharmacist** will prepare the prescription for you using the doctor's prescription.

If taken without doctor's guidance, these drugs can harm or even kill a person. All prescription drugs have **side effects**. While reacting on the body in a desired way, they may also act on the body in an undesired way. The **dosage**, or the amount of medicine a person takes at one time, needs to be matched to the patient's weight, age, and other factors. A doctor needs to be sure that the person is not allergic to a drug or that a prescription drug will not mix in a harmful way with another drug a patient is taking. When two or more drugs are taken at the same time, they can change the way each affects the body. One drug can make another drug stronger or weaker. One drug can mix with another drug to produce a chemical that acts like poison in the body.

Here are some rules to follow in using prescription medications:

Do:	Don't:
Tell the doctor if you have had any allergic reaction to any medication.	Take a prescription medication unless it is prescribed for you.
Take medication for the prescribed length of time.	Mix medication without checking with your physician or pharmacist.
Take the medication at the dosage the doctor prescribes.	Think that if a little bit of drugs makes you feel good, that more will make you feel better.
Ask the pharmacist to tell you the prescription medication's purpose, side effects, and interaction with food and other medication.	Use a medicine prescribed for someone else if you have the same symptoms.

Females who use birth control pills, injections, or patches that stick to their skin need to remember to list those when reporting medications to doctors or pharmacists. Birth control medication, just like any other prescription drug, can interact with other medications to change the way each affects the body.

\_\_\_\_\_  
Name

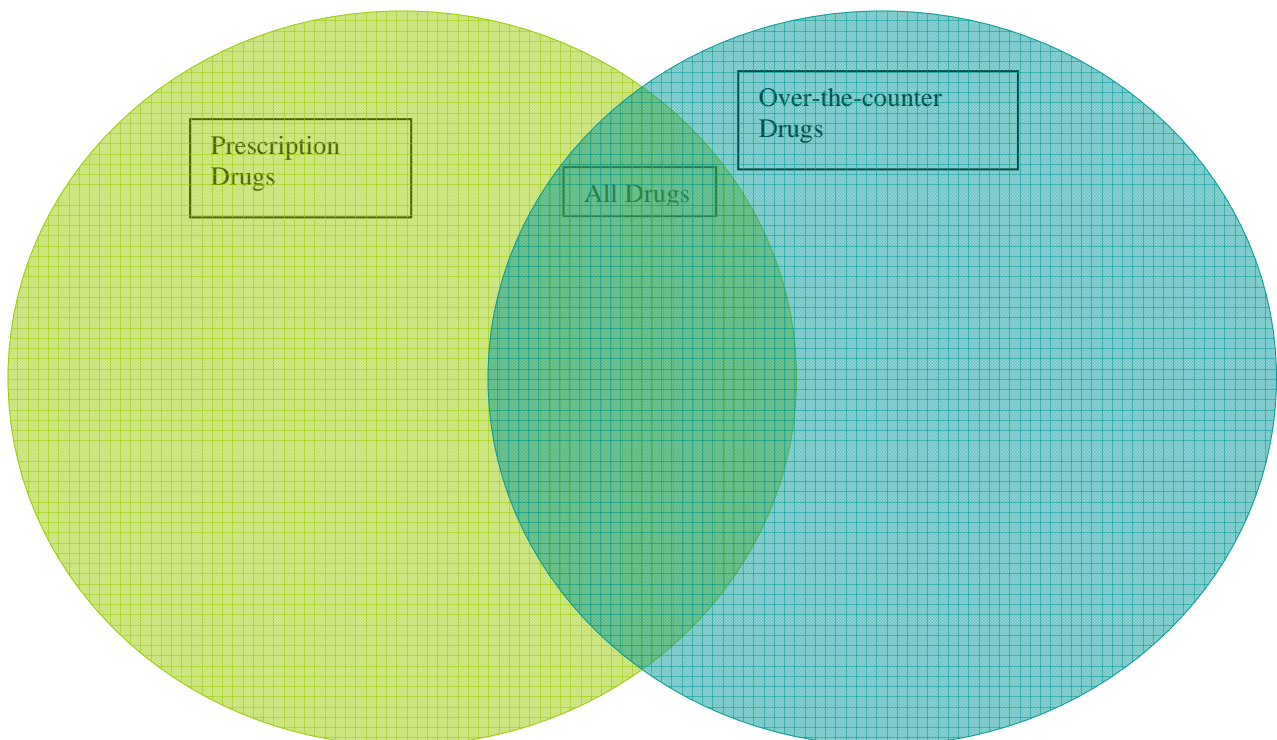
\_\_\_\_\_  
Date

### UNIT 5: Lesson 1 Activity

#### COMPARE PRESCRIPTION AND OVER-THE-COUNTER DRUGS

Complete the following Venn diagram using the information provided.

1. Buy with a prescription.
2. Visit a doctor to get a prescription.
3. Take correct dose.
4. Buy without a prescription.
5. Follow directions.
6. Take the amount the doctor prescribes.
7. Buy at drugstores.
8. Store correctly.
9. You do not need to see a doctor to get these.
10. Take only as much as you need for a *few* days.
11. Never take with other medicines or alcohol.
12. Keep away from children.
13. Buy in supermarkets, drugstores, and other stores.



## UNIT 5: LESSON 2

### HOW DO I TAKE MEDICATIONS SAFELY?

Regardless of whether you are taking prescription or over-the counter medications, it is important to treat them with respect because you are putting them into your body. You are partly responsible for the success or failure of the drug. Not following safety measures can result in bad reactions. Here are some tips for using medicine safely:

- Don't mix alcohol and medication because alcohol changes the way medicine works in the body.
- Store medicines correctly because heat, light, and air can damage medicine.
- Do not take medicine in a dark room because you need to see that you are taking the right medication.
- Read and follow directions for prescription and over-the counter drugs.
- Do not take someone else's prescription drug.
- Keep all medicine away from children.
- Take the correct **dose**.
- Measure all liquid medicines with a measuring spoon.
- Stop taking any medicine that you think is causing **side effects**, and then call your doctor at once.
- Check the **expiration date** on all medications and do not use it after it expires.
- If there is anything on your prescription that you do not understand, ask your doctor or pharmacist.

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Name

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Date

## UNIT 5: Lesson 2 Activity

### WHAT WENT WRONG?

Directions: Please read the following stories. Fill in the blanks with one or two sentences that describe the mistakes the person made concerning the safe handling of the medication.

#### Story #1

It was an extremely hot day and Tasha was very sick with the flu. She went to the doctor and was prescribed medication to treat her lung infection. She went to the pharmacy, got her prescription filled, took her medication, and then returned home at about 10:00 A.M. She was so tired that she went inside and immediately got in bed. She woke up about midnight that night and was very thirsty. She had nothing in the house to drink but water and beer. She hated water so she drank a beer. Then she remembered she was supposed to take her medication at 10:00 P.M. Unfortunately, she had left it in the car all day and was too sick to go outside and get it. So she drank one more beer and went back to bed. The next morning she did not feel any better and was **nauseated**.

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#### Story #2

Barry is 10 years old and he can't stop coughing. He knows that his mother has some prescription cough medicine in the cabinet. She is not home. He is tired of coughing so he takes down the bottle and reads the label. It says to take two teaspoons twice a day. He figures that since he is about half the size of his mother, he will take just one teaspoon. He is not really sure which one of the spoons is a teaspoon, so he just lifts up the bottle and takes a big gulp. It tastes really good so he takes another big gulp and goes to bed. One hour later his mother comes home and she cannot get Barry to wake up.

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## UNIT 5: LESSON 3

### HOW DO I READ LABELS ON MEDICATIONS?

Reading and understanding labels on prescription and over-the-counter medications is your responsibility. Part of that responsibility is asking your doctor or pharmacist if you need some assistance.

Let's first take a look at reading a **prescription** medicine label. This prescription label below is for an antibiotic. Read the label below and notice all of its parts.

	Colton's Pharmacy 4 Your Drugs Way Wellsville, FL. 303030	←1
3 → NO 75845938		2 ↓ Dr. Feelgood, MD 4→ 10/30/05
BETTY BOOP	←5	
TAKE ONE TABLET FOUR TIMES DAILY (FOR <b>STREP</b> )	←6	
PENICILLIN VK 500 MG TABLET QTY 30 MFG FOREST NO REFILLS – DR. AUTHORIZATION REQUIRED	←7 ←8 ←9	10 ↓ Discard After 10/03/06

**Arrow 1** – This is the pharmacy's name and address.

**Arrow 2** - This is your doctor's name.

**Arrow 3** – This is the file number that the pharmacist gives your prescription.  
Use this number to get refills if needed.

**Arrow 4** – This is the date the prescription was filled. You may need this  
information especially if you do not take the medication on a daily basis.

**Arrow 5** – This is the patient's name.

**Arrow 6** – This part gives directions for taking the medicine properly. It also can  
indicate which illness the medication is being used to treat (not always  
shown).

**Arrow 7** – This is the strength of the medication, usually shown in **milligrams** (MG). Many medications come in different strengths and are prescribed according to the **severity** of the person’s illness or size of the person.

**Arrow 8** - This shows the **quantity** (QTY) of pills given and the **manufacturer** (MFG) of the drug.

**Arrow 9** – This tells you if refills are allowed and how many. Doctors must provide **authorization** for a prescription to be refilled.

**Arrow 10** – This tells you when to **discard** the medication because it has expired or you have completed the recommended dosage and number of days. Some prescription labels will just have an expiration date, depending on the dosage and purpose of the medicine.

The directions (Arrow 6) include how many times a day you are supposed to take the medication. A day is defined as a 24-hour period. Therefore you may have to do some math calculations to figure out what time to take your medication.

Read the following examples:

- If the medication says take 2 times a day, you would take it every 12 hours (24 divided by 2). If you first took it at 6:00 A.M., you would need to take it again at 6:00 P.M.
- If it says take 4 times a day, you would take it every 6 hours (24 divided by 4). If you first took it at 6:00 A.M., you would need to take it again at 12:00 Noon, then again at 6:00 P.M., then again at 12:00 Midnight, etc.

If you are confused as to when to take your medication, ask your doctor or pharmacist for help in determining the times!



Another part of the prescription is the warning labels. There may be no warning label or many warning labels. Think of warning labels as extra directions for taking your medication.

Take a look at the following examples of warning labels:

**LABEL #1**

FINISH ALL THIS MEDICATION  
UNLESS OTHERWISE  
DIRECTED BY **PRESCRIBER**.

**LABEL #2**

**WARNING**  
MAY MAKE YOU DROWSY.  
DO NOT DRIVE AN AUTOMOBILE OR  
OPERATE HEAVY MACHINERY WHILE  
TAKING THIS MEDICATION.

**LABEL #3**

TAKE MEDICATION WITH  
FOOD.

**LABEL #4**

TAKE MEDICATION ON AN EMPTY  
STOMACH 1 HOUR BEFORE OR 2 TO 3  
HOURS AFTER A MEAL

**LABEL # 5**

ALCOHOL MAY INTENSIFY  
THIS EFFECT.

**LABEL # 6**

YOU SHOULD **AVOID** PROLONGED  
EXPOSURE TO DIRECT AND/OR  
ARTIFICIAL SUNLIGHT WHILE TAKING  
THIS MEDICATION.

You can see from reading these warning labels that it is extremely important to pay close attention to the directions.

Reading an over-the-counter medication label is just as important as reading a prescription medication label. Examine the following label on an over-the-counter medication that is frequently used for heartburn.

<p><b>DRUG FACTS</b> ←1</p> <p>Active ingredient (in each tablet)  Omeprazole magnesium delayed-release 20.6mg  (equivalent to 20mg omeprazole.....acid reducer)</p> <p><b>USE</b> ←2</p> <ul style="list-style-type: none"> <li>- treats frequent heartburn (occurs <b>2 or more days</b> a week)</li> <li>- not intended for immediate relief of heartburn</li> </ul>	<p><b>STOP USE OR ASK A DOCTOR IF</b></p> <ul style="list-style-type: none"> <li>-your heartburn continues or worsens</li> <li>-you need to take this product for more than 14 days</li> <li>-you need to take more than 1 course of treatment every 4 months</li> </ul> <p><b>IF PREGNANT OR BREAST-FEEDING</b>, ask a health professional before use.</p> <p><b>KEEP OUT OF REACH OF CHILDREN.</b> In case of overdose, get medical help or contact a Poison Control Center right away.</p>
<p><b>WARNINGS</b> ←3</p> <p><u>Allergy alert: Do not use if you are allergic to Omeprazole</u></p> <p><b>Do not use</b> if you have</p> <ul style="list-style-type: none"> <li>-trouble or pain swallowing food</li> <li>-vomiting with blood</li> <li>-bloody or black <b>stools</b></li> </ul> <p><u>These may be signs of a serious condition. See your doctor.</u></p> <p><b>ASK A DOCTOR BEFORE USE IF YOU HAVE</b></p> <ul style="list-style-type: none"> <li>-heartburn over 3 months. This may be a sign of a more serious condition.</li> <li>-chest pain or shoulder pain with shortness of breath</li> <li>-frequent chest pain</li> <li>-unexplained weight loss</li> <li>-nausea or vomiting</li> </ul> <p><b>ASK A DOCTOR OR PHARMACIST BEFORE USE IF YOU ARE TAKING</b></p> <ul style="list-style-type: none"> <li>-Warfarin (blood-thinning medicine)</li> <li>-prescription antifungal or anti-yeast medicines</li> </ul>	<p><b>DIRECTIONS</b> ←4</p> <ul style="list-style-type: none"> <li>-adults 18 years of age and older</li> <li>-this product is to be used once a day (every 24 hours), every day for 14 days</li> <li>-it may take 1 to 4 days for full effect, although some people get complete relief of symptoms within 24 hours</li> </ul> <p><b>14-DAY COURSE OF TREATMENT</b></p> <ul style="list-style-type: none"> <li>-swallow 1 tablet with a glass of water before eating in the morning</li> <li>-take every day for 14 days</li> <li>-do not take more than 1 table a day</li> <li>-do not chew or crush the tablets</li> <li>-do not crush tablets in food</li> <li>-do not use for more than 14 days unless directed by your doctor</li> <li>-children under 18 years of age: ask a doctor</li> </ul>

There is a great deal of important information on this over-the-counter medication. Labels are usually divided into 4 parts:

**Arrow 1** – Tells what the ingredients are and purpose of the drug (to reduce acid).

**Arrow 2** – Tells what medical condition the drug is used to treat. This label states it is used to treat frequent heartburn. In parenthesis, it defines frequent heartburn as occurring 2 or more days a week.

**Arrow 3** – Tells all of the warnings for the medication. It describes when **not** to use the medication, when to ask a doctor or pharmacist about the medication, when to stop using the medication, what to do if you are pregnant or breast-feeding, and to keep out of reach of children.

**Arrow 4** – This tells you the age **specifications**, when and how to use this product, and the things you should not do with this product.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

### UNIT 5: Lesson 3 Activity

#### CAN YOU TELL WHAT IS ON THE LABEL?

Directions Part I: Read the following prescription and warning labels then answer the questions about this prescription medication:

Colton's Pharmacy 4 Your Drugs Way Wellsville, FL. 303030	Dr. Better, MD 11/08/04	May Cause <b>Drowsiness</b> . Alcohol May <b>Intensify</b> This Effect. Use Care When Operating A Car Or Dangerous Machinery.
NO 5678904		
IMA KNOTWELL		Do Not Use This Medicine If You Are Pregnant Or Breastfeeding. Check With Your Doctor Or Pharmacist.
TAKE 1 TABLET TWICE A DAY (FOR ANXIETY)		
ALPRAZOLAM .25MG TABLETS QTY 60 MFG PUREPAC NO REFILLS – DR. AUTHORIZATION REQUIRED		
Discard After 11/08/05		

1. The person who is to take this medicine is \_\_\_\_\_.
2. The doctor who prescribed the medicine is \_\_\_\_\_.
3. The medicine is to be taken \_\_\_\_\_ times a day.
4. The name of the pharmacy is \_\_\_\_\_.
5. The name of the medicine is \_\_\_\_\_.
6. The prescription number is \_\_\_\_\_.
7. This prescription can be refilled \_\_\_\_\_ times.
8. The amount of tablets to be taken per dose is \_\_\_\_\_.

Directions Part II: Use the previous prescription and warning labels to mark the following statements as True (T) or False (F).

- \_\_\_\_\_ 9. The number of pills given is 30.
- \_\_\_\_\_ 10. It is okay to use this medication if you are pregnant.
- \_\_\_\_\_ 11. This medication should be thrown away after 11/08/05
- \_\_\_\_\_ 12. You should not drink alcohol while taking this medication.
- \_\_\_\_\_ 13. You may become sleepy when taking this medication.
- \_\_\_\_\_ 14. You cannot drive a car when taking this medication.
- \_\_\_\_\_ 15. The manufacturer of this drug is Purepac.
- \_\_\_\_\_ 16. This medication is being taken for anxiety.
- \_\_\_\_\_ 17. You should check with your doctor or pharmacist before taking this medication if you are breastfeeding.
- \_\_\_\_\_ 18. You can have this medication refilled 2 times.
- \_\_\_\_\_ 19. The number of milligrams in each tablet is .25mg.
- \_\_\_\_\_ 20. This medication should be taken every 12 hours.

## UNIT 5: LESSON 4

### HOW DO I HANDLE MY MEDICATION NEEDS?



As you become an adult, you will be assuming more responsibility for your health care. Making the correct decision about how to respond to illnesses and knowing your medication needs is very important. The following are some good tips on the best ways to handle your personal medication needs:

#### ***Tip #1***

***Remember to take your medication on time.***

- Try using a pill counter, also called a medication “dosette”.
- Keep track with a chart on your refrigerator, or a small booklet in your pack – with dates, medications and times to be taken.
- Ask a trusted friend to help you remember.
- Take them at the same time as a daily activity, like brushing your teeth or with meals.
- Set your watch or pager.
- If you are going out, plan ahead. Make sure you have a drink and/or snack close by. Take your medicine bottle, pill counter, or dosette, and don’t forget to fill it!

#### ***Tip #2***

***Know the different tools available to help you measure liquid medications.***

These can be purchased at a drugstore and some pharmacies will give you a free measuring tool if you ask for one.

- syringe
- dropper
- medicine spoon
- tablespoon
- teaspoon

***Tip #3***

***Do not stop taking medication because of unpleasant side-effects or because you start feeling better.***

- If you stop taking your medicine because of a side effect such as nausea or muscle pain, you run the risk that the illness may become more serious. If you call the doctor he/she may be able to modify the dose, change your medication, or make other changes to reduce the side-effects. Also, call your doctor if you have taken the medicine as prescribed for many days and do not feel any better.
- After taking the medicine for a few days you may feel much better and some of the germs are gone. Some people stop taking the medicine when they feel better. Often if you stop taking the medicine before the prescription is completed, the germs will come back again and you will get sick again. If you complete taking the medicine as your doctor prescribes, the germs should go away and you will feel better.

***Tip#4***

***Do a medicine cabinet checkup.***

- Look through your medicine supply at least once a year.
- Throw away any medicines that are past the expiration date.
- Keep all medicines in their original containers to ensure that no one takes the wrong medicine.

***Tip #5***

***Keep a written list of all your medications, including prescription and over-the-counter medications.***

- Keep one at home so it is available when you or your caregivers need it
- Take it with you to the doctor's office.
- Put one in your journal.
- Remember that birth control pills, injections, or skin patches should be included in medication lists.

***Tip # 6***

***Ask questions to make informed decisions.***

Physicians, physician assistants, nurses, pharmacists and ***you*** make up your health care team. To reduce the risks related to using medicine and to get the maximum benefits, ***you*** need to play an active role on the health care team. Your health care team helps you make the best informed choices, but you have to ***ask the right questions***.

When it comes to using medicine, there is no such thing as completely safe. All medicines have risks. Approval of a drug by the U.S. Food and Drug Administration (FDA) means that the **benefits** outweigh the **known risks** that are outlined on the drug's label. Read the following questions that are recommended to ask your doctor and/or pharmacist before taking any medication:

- What is the medicine's name?
- Is there a **generic** available?
- Why am I taking this medicine
- If I forget to take it, what should I do?
- Is it safe to drink alcohol with it?
- Should I avoid any other medicines, dietary supplement, drinks, food or activities while using this drug?
- When should I notice a difference or improvement? When should I report back?
- Can this medicine be used safely with all my other medications?
- What do I do if a side effect occurs?
- How and where do I store this medicine?
- Where and how can I get written information about this medicine?

After you have received all of the information, weigh your options. Then you must decide if the benefits you hope to achieve from the medicine outweigh its known risks. The final choice is *yours!*

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\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

### UNIT 5: Lesson 4 Activity

#### MATCH IT UP!

Directions: Match the word on the left to the correct definition/statement on the right.

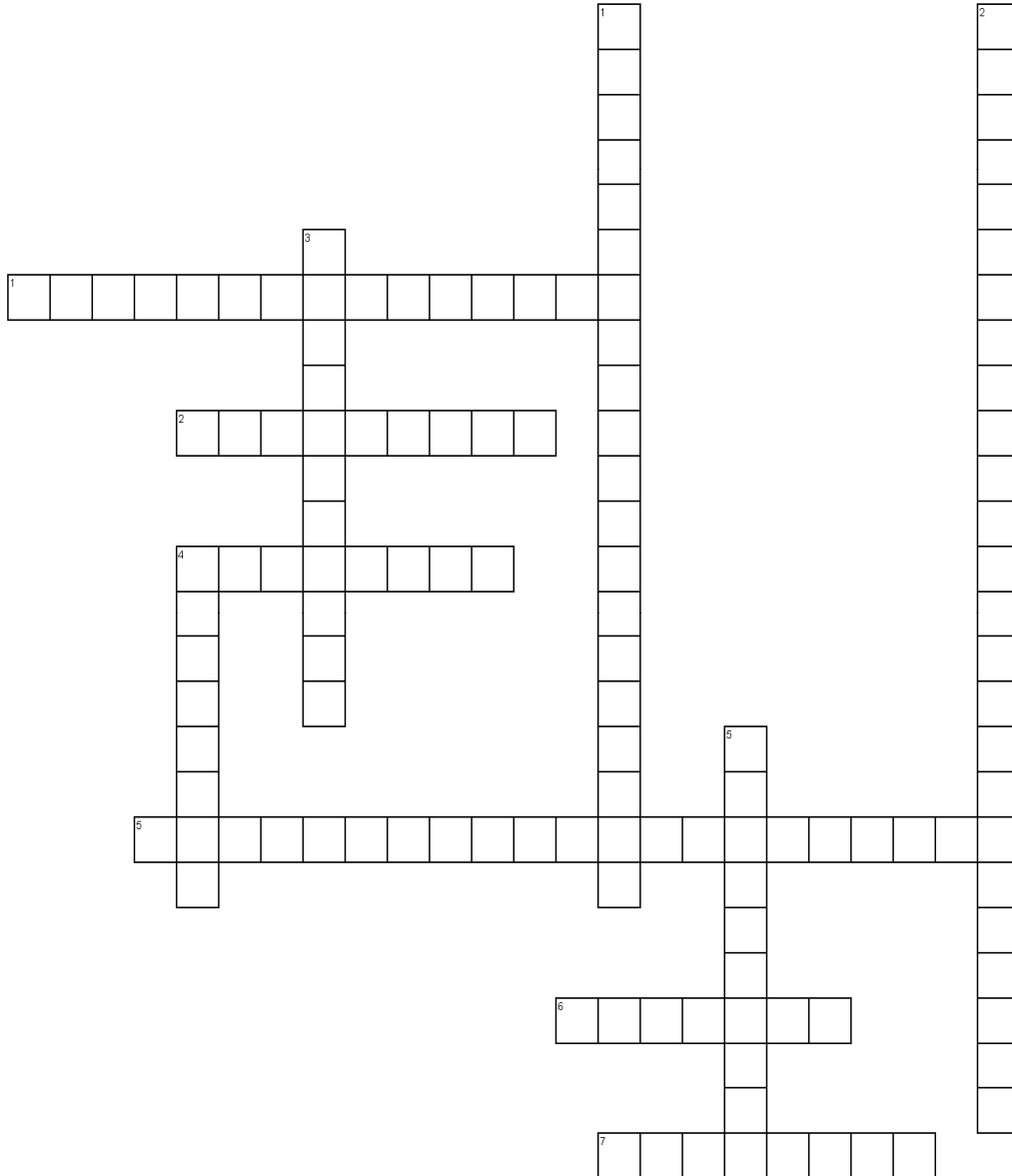
- |                                 |  |
|---------------------------------|--|
| _____ 1. dosette                | a. keep one of these with all your medication on it  |
| _____ 2. medicine spoon         | b. nausea  |
| _____ 3. better                 | c. physicians, physician assistants, nurses and you are members of this                                    |
| _____ 4. example of side effect | d. provides approval of a drug   |
| _____ 5. once a year            | e. the person who has the final choice about their medication  |
| _____ 6. expiration date        | f. tool used for measuring liquid medication   |
| _____ 7. health care team       | g. a pill counter  |
| _____ 8. FDA                    | h. After you have taken the prescribed medication, you should call your doctor if you don't feel this way, |
| _____ 9. Me                     | i. throw away medications that are past this   |
| _____ 10. generic               | j. how often you should look through your medicine cabinet   |
| _____ 11. written list          | k. you should do this before taking any medications  |
| _____ 12. ask questions         | l. a drug with no company name   |



# Crossword Puzzle - Unit 4 Crossword

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

Fill in the crossword puzzle by using the clues.



## Across

1. \_\_\_\_\_ a health plan that helps pay for health costs.
2. \_\_\_\_\_ a part of the medical bill that is paid by the patient.
4. \_\_\_\_\_ a government assistance program that helps pay for medical and health services for persons with limited incomes who apply and qualify for the program.

5. \_\_\_\_\_ medical conditions that are diagnosed before you sign up for a particular health insurance plan.
6. \_\_\_\_\_ the amount that you pay each month to the insurance company to be enrolled in the plan.
7. \_\_\_\_\_ the items in the health care plan that are paid for by the insurance company.

**Down**

1. \_\_\_\_\_ a health plan bought for a large group of people such as a company.
2. \_\_\_\_\_ a health plan paid for by the patient.
3. \_\_\_\_\_ the limit on the amount that the health plan will pay each year.
4. \_\_\_\_\_ a government assistance program for people who have severe disabilities or are at least 65 years old.
5. \_\_\_\_\_ the amount on the medical bill that the patient must pay first each year.

**Select your answers from the following words:**

Annual limit  
Premium  
Group health insurance  
Co-payment

Deductible  
Health insurance  
Medicaid  
Coverage

Individual health insurance  
Medicare  
Pre-existing conditions

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

### UNIT 5 TEST: WHAT DO I NEED TO KNOW ABOUT MEDICATIONS?

Part I – Fill in the blank. Directions: Use the following word bank to fill in the blank with the appropriate word or letter.

Word Bank:

- |                           |                  |
|---------------------------|------------------|
| A. prescription drugs     | F. discard       |
| B. over-the-counter drugs | G. drowsiness    |
| C. pharmacist             | H. intensify     |
| D. dose                   | I. quantity      |
| E. side effect            | J. authorization |

1. Shelby dropped her bottle of pills while walking across the street. They fell into a drain and were lost. She went to the pharmacy to get a refill, but first needed the doctor's \_\_\_\_\_ before the pharmacist would refill the drug.
2. Vinny took the recommended dose of his medication. After about an hour, he felt sick to his stomach. He read the label on his medication and discovered that nausea was one of the medicine's \_\_\_\_\_ s.
3. Mary wanted to drink a glass of wine but was taking medication. She looked at the label and read that alcohol may \_\_\_\_\_ the effects of the drug. She wisely decided to drink grape juice instead.
4. Matt had a headache that lasted several days. He tried taking over-the-counter pain relievers, but they did not work. He went to doctor who wrote him a prescription. He took his prescription to the drug store and the \_\_\_\_\_ filled it for him.
5. Katherine fell asleep at the wheel and hit a tree. Fortunately no one was hurt except the tree. She had just started taking her new medication two days ago. When she looked at the label she discovered one of the side effects was \_\_\_\_\_. This explained why she had been so sleepy lately.
6. Cynthia is the type of person who always checks to make sure everything is correct. After she had her prescription filled, she went home and counted all the pills. She wanted to be sure the \_\_\_\_\_ in the bottle matched what the doctor prescribed.

7. Matt could not see very well. He took out his new medication bottle and the \_\_\_\_\_ that he was supposed to take was 1 pill. He thought it read 10 pills. He thought that didn't seem right so he asked his friend to read it for him. Good thinking Matt!

8. Kim was very sick with a bad cold. She went to the drug store and bought some cold medicine. She took the recommended dose but did not feel any better. She then took double the dose and started shaking. She thought that taking \_\_\_\_\_ medications could not hurt her. She learned the hard way after a trip to the emergency room.

9. David was a very clean and organized person. He went through his medicine cabinet twice a year. He would \_\_\_\_\_ any medication that was expired.

10. Rebecca was very sick and she kept vomiting. After a day of these she went to see her doctor. He gave her a \_\_\_\_\_ to stop the vomiting. She took the medication he prescribed and she felt much better after a couple of hours.

Part II. Directions: On the line write **PD** (Prescription Drugs), **OD** (Over-the-Counter Drugs), or **B** (Both) for the following statements.

\_\_\_\_\_ 1. Take the correct amount each day.

\_\_\_\_\_ 2. Buy without a prescription.

\_\_\_\_\_ 3. Take the amount the doctor orders

\_\_\_\_\_ 4. Visit a doctor to get a prescription.

\_\_\_\_\_ 5. Do not need to see a doctor to get these.

\_\_\_\_\_ 6. Keep away from children.

\_\_\_\_\_ 7. Follow the written directions.

\_\_\_\_\_ 8. Take when needed for a few days.

\_\_\_\_\_ 9. Never take with alcohol.

\_\_\_\_\_ 10. Can ask the pharmacist for information about these.

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Name

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Date

**UNIT 5: WHAT DID YOU LEARN?**

- |  |      |       |
|--|------|-------|
| 1. Over-the-counter drugs are also called nonprescription drugs.   | True | False |
| 2. Over-the-counter drugs are available without a prescription.  | True | False |
| 3. Can over-the-counter drugs cause harm to the body?  | True | False |
| 4. Prescription drugs are not available without a prescription.  | True | False |
| 5. All prescription drugs have side effects.   | True | False |
| 6. You should not take medicine in a dark room.  | True | False |
| 7. Reading an over-the-counter medication label is just as important as reading a prescription medication label. | True | False |
| 8. The doctor has the final choice about your medication.  | True | False |
| 9. It is okay to take medication that is expired.  | True | False |
| 10. The best way to take liquid medication is drinking it straight from the bottle.                              | True | False |
| 11. You should keep a written list of all your medications   | True | False |
| 12. If your prescription medication is not working, you should stop taking it.                                   | True | False |
| 13. A day is defined as a 12 hour period.  | True | False |
| 14. Warning labels are extra directions for taking your medication.  | True | False |
| 15. Some doctors require their authorization before you can refill your prescription.                            | True | False |

## JOURNAL PAGE MEDICATIONS

*\* Use case study information only when completing this form as a classroom activity.*

### Questions to Ask:

- What is the name of the medicine?
- Is there a generic available?
- Why am I taking this medicine?
- If I forget to take it, what should I do?
- Is it safe to drink alcohol with it?
- Should I avoid any other medicines, dietary supplements, drinks, food or activities while using this drug?
- When should I notice a difference or improvement? When should I report back?
- Can this medicine be used safely with all my other medications?
- What do I do if a side effect occurs?
- How and where do I store this medicine?
- Where and how can I get written information about this medicine?

### Record of Over-the -Counter Medicines I Take

Check boxes for the ones I use:

<input type="checkbox"/> Aspirin or other pain/headache/fever medicine	<input type="checkbox"/> Laxatives
<input type="checkbox"/> Allergy medicine	<input type="checkbox"/> Sleeping pills
<input type="checkbox"/> Antacids	<input type="checkbox"/> Vitamins
<input type="checkbox"/> Cold medicine	<input type="checkbox"/> Herbals
<input type="checkbox"/> Diet pills/Supplements	<input type="checkbox"/> Others _____ _____

### List of My Prescription Medicines

Date	Name of My Medicine	How Much I Take	When I Take It	What I Use It For	Refills

## **UNIT 6**

### **WHAT IS SEXUAL HEALTH AND WHY IS IT IMPORTANT?**

(pages 117-138)



### **UNIT 6 OBJECTIVES**

The student will be able to:

- Describe important components of sexual health.
- Describe the reproductive system.
- Describe the causes, symptoms, and transmission of AIDS.
- Describe the symptoms, treatment, and transmission of other sexually transmitted diseases.

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Name

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Date

**UNIT 6: WHAT DO YOU KNOW?**

- |  |      |       |
|--|------|-------|
| 1. Sexual intercourse is the way a male sperm and a female egg form new life.                              | True | False |
| 2. In males, the sex cell known as sperm is produced in the testes.  | True | False |
| 3. The vagina is the birth canal.  | True | False |
| 4. Puberty usually occurs during early childhood.  | True | False |
| 5. The ovaries store and release female eggs.  | True | False |
| 6. The monthly removal of the lining of the uterus and unfertilized egg in females is called menstruation. | True | False |
| 7. Almost four thousand sperm are released during sexual intercourse.                                      | True | False |
| 8. Inside the females, babies develop in the uterus.   | True | False |
| 9. There are two million cases of gonorrhea each year.   | True | False |
| 10. AIDS is primarily a disease of the nervous system.   | True | False |
| 11. A female can get pregnant from kissing.  | True | False |
| 12. AIDS is a disease that never affects teenagers.  | True | False |
| 13. Blisters in the genital area are signs of genital herpes.  | True | False |
| 14. There is no cure for AIDS.   | True | False |
| 15. Infected blood can transmit the AIDS virus.  | True | False |
| 16. Syphilis has at least five stages.   | True | False |
| 17. Chlamydia can cause an eye infection in babies.  | True | False |



## UNIT 6: WORDS TO KNOW

**AIDS** – Acquired Immunodeficiency Syndrome, a disorder of the immune system that results in increased infections.

**Cervix** - the outer end of the uterus where pap smears are taken.

**Chlamydia** – a sexually transmitted disease that often has no symptoms.

**Chronic** – long lasting.

**Communicable** – able to be passed from one person to another.

**Condom** – a latex covering for the penis that is used to reduce the risk of pregnancy and sexually transmitted disease.

**Ectopic pregnancy** - when a baby starts to develop *outside* rather than *inside* the uterus.

**Fallopian tube**- organ through which mature egg cells pass from the ovaries to the uterus.

**Genital herpes** – a sexually transmitted chronic infection.

**Gonorrhea** – a sexually transmitted disease that often has no symptoms.

**HIV** – Human Immunodeficiency Virus, the virus that causes AIDS.

**HIV negative**- not having HIV virus in the blood.

**HIV positive** – having the HIV virus in the blood.

**Menstruation**- the monthly flow of an egg and extra tissue from the uterus.

**Ovary** – the female organ that stores the eggs.

**Ovulation** – the monthly process of releasing an egg in the female reproductive system.

**Penicillin** – the antibiotic used to treat diseases such as syphilis.

**Penis** – male organ used to deliver sperm and to urinate.

**Puberty** – the period when children develop into adults and reach sexual maturity.

**Reproductive system** – the body system responsible for making a baby.

**Scrotum**- sac of skin that holds the testes in males.

**Sexual intercourse** – inserting the penis into the vagina.

**Sexually transmitted disease (STD)** – disease passed from one person to another through sexual contact. A related term is **sexually transmitted infection**, or **STI**.

**Sperm**- male sex cell.

**Sterile** – unable to have children.

**Symptoms** – signs.

**Syphilis** – a sexually transmitted disease that has three stages.

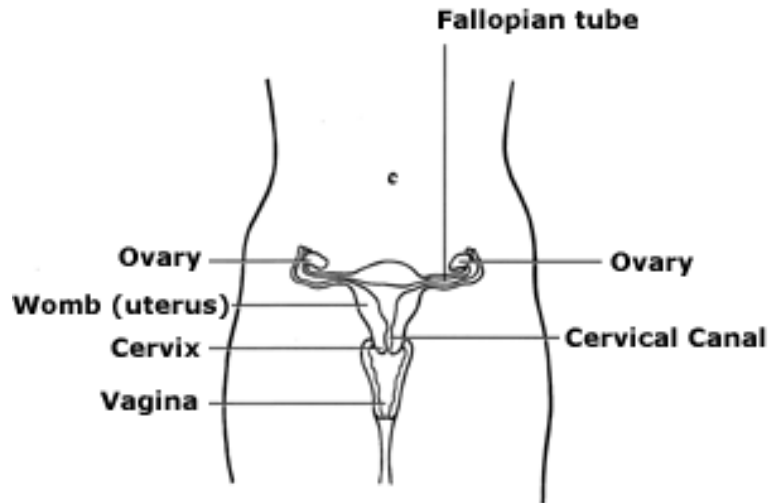
**Testes**- male organ that makes sperm.

**Transfusion** – transfer of blood from one person to another.

**Uterus** – female organ that holds a growing baby.

## UNIT 6: LESSON 1

### WHAT ARE THE PARTS OF MY REPRODUCTIVE SYSTEM?



**Diagram:** Female Reproductive System

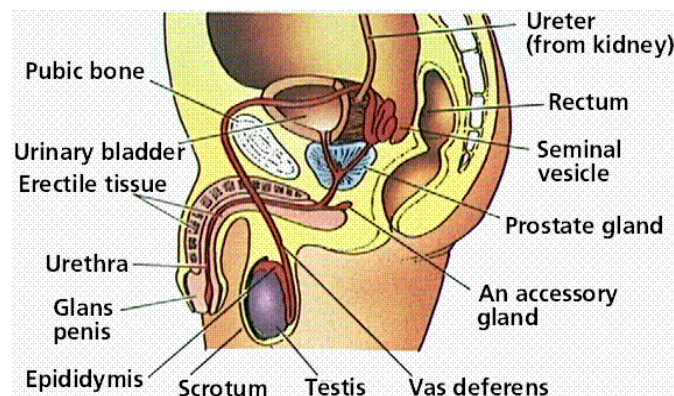
You learned in Unit 1 that health is defined as "physical, emotional, mental and social well-being ... not merely the absence of disease. " Sexual health is no different. There are many parts to sexual health. It's not just being physically healthy or being able to have a baby. It also means being emotionally ready to have an intimate relationship, treating your partner with respect, having positive feelings about yourself, being informed about the risks involved, and knowing how to protect yourself from disease and unwanted pregnancy. A very important first step in sexual health is to understand the reproductive system and how your body changes as an adult.

Reproduction is the process through which a male and female produce a child. This is done in the **reproductive system**. The ability to reproduce is one of the most amazing features of the human body. But it is also an enormous responsibility! Making good decisions concerning your reproductive system is part of becoming a responsible adult.

The female reproductive system produces a million eggs. The eggs are stored in the **ovaries**. The eggs mature when the pituitary gland releases hormones that act on the ovaries. Then the mature eggs are released in the monthly process called **ovulation**. This begins to happen during puberty. Many body changes occur during this time, which usually starts during late childhood or pre-teen years. Puberty is when children begin adult development and sexual maturity.

The female system works by releasing an egg which moves through the **fallopian tubes** to the **uterus**. While traveling to the uterus, the egg may be joined by a **sperm**, or male sex cell. If the egg is joined by the sperm, it attaches itself to the wall of the uterus and becomes a developing baby. The uterus becomes larger to make room for the developing baby. The uterus will provide blood, food, and oxygen for the developing baby.

If the egg is not joined by the sperm, it leaves the body. This monthly passing of an egg and other tissue from the uterus through the **cervix** (the outer end of the uterus) and **vagina** is called **menstruation**. The menstruation time is sometimes referred to as a woman's "period."



**Diagram:** Male Reproductive System

In the male reproductive system, sex cells are called **sperm**. Sperm are made in the male sex organ called the **testes**. The testes begin making sperm when the pituitary gland sends hormones to act on the testes during puberty (in late childhood or pre-teen years). The testes are stored in a sac outside the body called the **scrotum**.

Males and females have the ability to reproduce once they reach puberty. **Sexual intercourse** is the way of joining a male sperm and a female egg to form a new life. During intercourse, sperm passes through tubes to the **penis**, the male reproductive organ. The penis has many tiny blood vessels that fill with blood, making it firm. The sperm travels through the penis to enter the female body through the vagina. During intercourse, millions of sperm are released into the female. It takes only *one* sperm cell to join with an egg to produce a baby.

The baby grows in the uterus of the female until it is time to be born. Then the uterus opening expands to allow the baby to move out of the uterus. The vagina is the birth canal. This tube leads from the uterus to the outer sexual organs. This is the path the baby takes to be born.

There are several ways to reduce the risk of pregnancy during sexual intercourse. Some are more reliable than others. Birth control methods include 1) hormonal methods that can be given as pills, injections, or patches that stick to your skin, 2) barrier methods that include male and female **condoms** (latex covering for the penis or vagina), diaphragms, and intra-uterine devices (IUD), and 3) abstinence. Avoiding, or abstaining, from sexual intercourse is the *only* method that is 100% effective in preventing pregnancy.

Learning how your body develops and changes is part of your sexual health. These changes to your body can be both exciting and scary. They can also be complicated if you have a health condition, disability, or are taking medications. It is important for you to learn who to ask for information about your sexual health. Inaccurate information can lead to poor choices.

As you have learned, sexual health involves much more than just having an adult reproductive system. It requires being informed about the risks associated with sexual activity, being prepared emotionally and physically, and using good judgment. You will continue to learn in the following lessons about diseases that are associated with sexual activity, and the importance of taking responsibility for your sexual health.

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Name

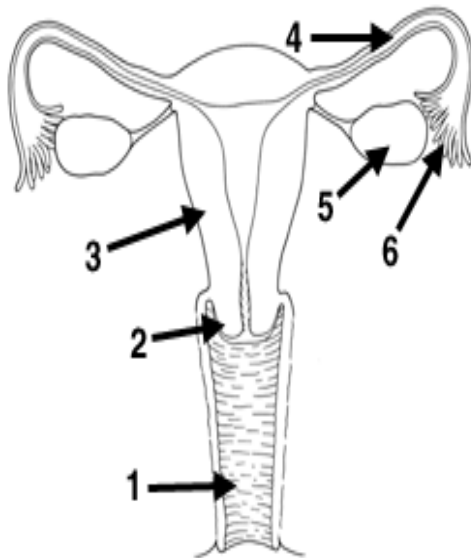
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Date

## UNIT 6: Lesson 1 Activity

### YOU AND YOUR SEXUAL HEALTH

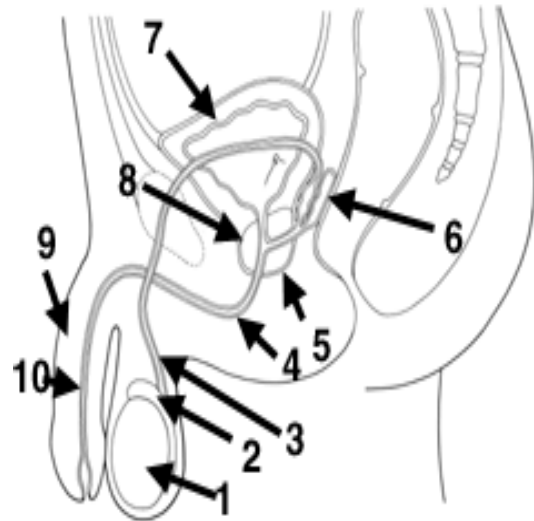
Part I. Directions: Put the correct number next to the corresponding part of the female or male reproductive system that is listed below the pictures.

#### A. Female Reproductive System



- \_\_\_\_\_ ovary
- \_\_\_\_\_ uterus
- \_\_\_\_\_ fallopian tubes
- \_\_\_\_\_ vagina
- \_\_\_\_\_ cervix

#### B. Male Reproductive System



- \_\_\_\_\_ penis
- \_\_\_\_\_ testes
- \_\_\_\_\_ scrotum
- \_\_\_\_\_ urethra

Part II. Directions. Think of questions that you have about your sexual health. Sometimes writing things down can help you think about your feelings and remember what you learn. Here are some questions to get you started.

Questions that I might want to ask my family:

- ✓ How did you learn about sex and how your body works?
- ✓ What are our family beliefs and values around sex?
- ✓ Where did these beliefs come from?

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Questions that I might want to ask my doctor:

- ✓ What kind of yearly check-ups do I need to maintain my sexual health?
- ✓ How will my condition affect the way I change and develop?
- ✓ How will puberty affect my health condition or disability?
- ✓ How will the medications I take affect the way I develop?
- ✓ Will I be able to have children if I choose to?
- ✓ How will having children affect my condition and health?
- ✓ Will my condition affect my children?

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## UNIT 6: LESSON 2

### CAN I GET AIDS?



Some diseases are spread during sexual activity. These are called **sexually transmitted diseases**, or **STDs**. Another term that is used is **sexually transmitted infection**, or **STI**. There are over 30 STDs that a person can get. Some of these diseases can kill you. A pregnant woman can pass a sexually transmitted disease to her baby. All sexually transmitted diseases can cause serious health problems. Therefore, it is important to know what causes sexually transmitted diseases, the **symptoms** or signs, treatments for these diseases, and how sexually transmitted diseases can be prevented.

**AIDS** is a serious sexually transmitted disease of the immune system. AIDS means Acquired Immunodeficiency Syndrome. It is acquired because one person can get it from another person. The body's immune system is used to fight off infections and diseases. When a person gets AIDS, the system becomes weak or damaged. So the person is at risk of getting many serious diseases. Nearly all people with AIDS will die from one of these diseases. At the present time, there is **no** cure for AIDS.



AIDS is caused by a virus called the **Human Immunodeficiency Virus**, or **HIV**. It invades the body through the blood stream. It infects body cells and cripples the immune system. If you have HIV in your blood, you do not always have AIDS. Most people with the virus will get AIDS eventually.

If a doctor thinks someone might have HIV or AIDS, he or she will get permission from the person to order a blood or saliva test. If the test is positive, it means that the person has the HIV virus and is **HIV positive**. If the person does not have a positive test for HIV, it means the person is not infected with HIV (**HIV negative**) *or* the test is not positive yet because it can take a while for the test to become positive after the person becomes infected.

Remember, most people with the HIV eventually get AIDS. However, it may take a long time for individuals who are HIV positive to show signs of AIDS. A person can live with HIV for six to ten years before showing signs of AIDS. The person may look healthy during this time but may be spreading the disease. During this time the disease is weakening the person's immune system.

Eventually, the symptoms of AIDS will appear. Body changes typically include swollen lymph nodes, weight loss, skin rashes, diarrhea, fever, and night sweats. As the disease gets worse, many more things can happen such as memory loss, personality changes, paralysis, and severe infections. The final stage is death. New medications are prolonging the lives of people with AIDS, but these medications have many serious side-effects and a cure may not be found in your lifetime.

AIDS is a **communicable** disease, that is, a disease that one person can get from another. The HIV virus, which causes AIDS, can be passed to another person through 3 types of body fluids: blood, sexual fluids, and breast milk. It is *not* transmitted through sweat, tears, urine, and saliva because those body fluids don't have enough virus to transmit the disease to another person.

The *methods*, or ways in which infected body fluids can be passed to another person are 1) sexual contact, 2) infected blood, and/or 3) infected needles.

During sexual activity, body fluids such as semen and vaginal secretions are passed from one person to the other. If one person has HIV, his or her partner can get it during sex. The symptoms may not show up for many years. Mothers can pass HIV to babies before, during, or after birth. The virus can also be passed to the baby through the mother's milk. It is important for pregnant women to know whether they have HIV because there are now ways to prevent the transfer of the disease to the unborn baby.

People who are sick or injured sometimes need more blood. They might need a blood transfusion. A transfusion is a transfer of blood from one person to another. Before it was known how HIV spread, some infected people donated blood for use in transfusions. The infected blood carried HIV to new victims. A blood test for AIDS was developed in 1985. Now the U.S. blood supply is almost always safe.

Another way to spread HIV is through infected needles. All needles used for injecting a drug or medicine get blood on them. If a person with HIV is injected, and that same needle is used again, the needle can carry HIV. Drug addicts who share needles can pass the disease from one to another.

It can take up to 3 months for the HIV virus to show up in a blood test once a person has been infected. Be aware that routine physicals with a doctor do not include an HIV test. Doctors cannot test for HIV unless the person has given written permission. So, don't think that a routine physical will detect whether or not you have been infected. If you think you might be infected, it is important for you to specifically request that your doctor or health clinic perform an HIV test.

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Name

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Date

### UNIT 6: Lesson 2 Activity

#### AIDS

Directions: Match each item on the left with the correct item on the right. Write the correct letter on each blank line. Each item may be used once, more than once, or not at all.

- |  |                   |
|--|-------------------|
| _____ 1. Body system that fights diseases.             | A. AIDS           |
| _____ 2. Having HIV in the body.                       | B. blood test     |
| _____ 3. Virus that causes AIDS.                       | C. cure           |
| _____ 4. Not having HIV in the blood.                  | D. HIV            |
| _____ 5. Transfer of blood from one to another.        | E. HIV negative   |
| _____ 6. Able to be passed from one person to another. | F. HIV positive   |
| _____ 7. Acquired Immunodeficiency Syndrome.           | G. immune system  |
| _____ 8. One way (method) AIDS is spread.              | H. sexual contact |
| _____ 9. How AIDS is detected.                         | I. transfusion    |
| _____ 10. AIDS weakens it.                             | K. vaccine        |
| _____ 11. There are none with AIDS.                    | L. communicable   |
| _____ 12. A disorder of the immune system.             | M. mother's milk  |

## UNIT 6: LESSON 3

### CAN I GET OTHER SEXUALLY TRANSMITTED DISEASES?



AIDS is not the only sexually transmitted disease, or STD. Other diseases passed through sexual contact are genital herpes, gonorrhea, Chlamydia, syphilis, and Human Papilloma Virus (HPV). AIDS, genital herpes, and HPV have no cure. There are no vaccines or drugs to prevent the disease. Once an infected person has the disease, there is currently no way to get it out of your body. HPV can cause genital warts and cancer in both men and women. Gonorrhea, Chlamydia, and syphilis can be cured *if* they are discovered and treated early.

**Genital herpes** is a chronic, long lasting disease. The main sign of genital herpes is clusters of painful, small blisters in the genital area. The blisters break, heal, and come back. It is spread by contact with the broken blisters. If you have direct contact with an infected person, then you will likely get the disease. **Avoiding** sexual contact with an infected person is the only reliable way to prevent getting the disease. Remember that you cannot always tell if someone is infected, and herpes can sometimes be transmitted when the infected person does not have any symptoms.

Genital herpes can lead to other health problems. Women may get many infections in the cervix. A pregnant woman can pass genital herpes to her baby. During delivery of the baby, the baby passes through the birth canal. This is where the baby becomes infected with the disease. Infected babies can have severe problems including mental retardation and cerebral palsy. Genital herpes has no cure at this time. Medicine can speed up the healing of the blisters but does

not get rid of the infection. Over time, the infections tend to be less severe, but genital herpes **never** goes away.

Pregnant women can also pass **gonorrhea** to their babies in the birth canal. It can cause an eye infection in babies that may lead to blindness. Signs of gonorrhea are different for males and females. Males have a white discharge from the penis and a burning sensation while urinating. Females may have a vaginal discharge and, occasionally, swelling and redness in the vaginal area.

Gonorrhea is dangerous because many infected people have **no** signs. Most females have no signs. About 20 to 40 percent of men have no signs either. Therefore, the infection can be passed to another person without anyone knowing about it. If gonorrhea is left untreated, it can lead to sterility. **Sterility** is the inability to have children. It can also lead to problems such as chronic pain and **ectopic pregnancy**, which is when a baby starts to develop in the wrong place (outside the uterus). This is **very** dangerous and can lead to the death of the mother.

Gonorrhea can be treated with antibiotics. Antibiotics destroy the bacteria that cause the disease. If you think you may have gonorrhea (you have symptoms and/or you have unprotected sex), go to your doctor or health clinic to be diagnosed and treated. It will not go away by itself and you don't want to take the chance of spreading the disease to your partner.

**Chlamydia** is a very common STD. In some areas of the country, up to 20-30% of girls who have sex also have Chlamydia. The signs of Chlamydia are like the signs for gonorrhea. There may be a discharge from the urethra in males or from the vagina of females. Usually females have no symptoms. This disease can also be passed from mother to baby during birth. Chlamydia can cause an eye infection in babies that lead to blindness. This disease can be treated with an antibiotic. And just like gonorrhea, it can lead to other serious problems like sterility, chronic pain, and ectopic pregnancy.

**Syphilis** can be passed from a woman to her baby before it is born. Fortunately, syphilis can be easily diagnosed with a blood test and can be treated with antibiotics. If syphilis is *not* treated, it goes through three stages. In the first stage, there is a small, painless, hard sore with a small amount of yellow discharge. The sores appear on the penis, anus, or rectum in men, and on the cervix and genital areas in women. In the second stage, there is a rash and sometimes headaches, loss of appetite, and other symptoms. During the third stage, the symptoms disappear for many years. But the disease is still there. It can be passed to others and cause severe damage to the heart and brain.

Because many sexually transmitted diseases can be treated if caught early, it is critical for individuals who are sexually active to visit a physician regularly and get the appropriate screenings or tests. Don't delay a doctor's visit because you aren't sure whether you have something or you're too embarrassed to talk about it. Getting early treatment can mean the difference between life and death.

It is important for you to understand that all sexually transmitted diseases are *preventable*. Using a condom during sexual activity helps protect against STDs, but the best way to prevent them is to not have sexual contact with another person. Just as with pregnancy, abstaining from sex is the *only* method that is 100% effective in preventing STDs.

Many teens experience peer pressure to have sexual activity. Learning how to avoid being pressured to do something that is not safe or that you don't want to do is part of becoming an adult. This is the time to use your self-advocacy skills! Express yourself in a way that is very clear, so that others understand your wishes. You have the right to say "no" to an act that can create so many worries and have such important consequences. Reading books and talking to a trusted adult are good ways to get help in learning how to deal with pressures you may experience. *Never be afraid to ask questions or seek help to make informed decisions about your life!*

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

### UNIT 6: Activity 3

#### SEXUALLY TRANSMITTED DISEASES

Part I Directions: Put an “X” next to **all** answers that apply.

1. Which are sexually transmitted diseases?

- \_\_\_\_\_ A. herpes, AIDS, gonorrhea, Chlamydia
- \_\_\_\_\_ B. gonorrhea, syphilis, cancer, penicillin
- \_\_\_\_\_ C. syphilis, herpes, gonorrhea, Chlamydia

2. Gonorrhea:

- \_\_\_\_\_ A. can be treated with antibiotics.
- \_\_\_\_\_ B. can cause swelling and redness of the vaginal area in females.
- \_\_\_\_\_ C. if left untreated, progresses to three stages.

3. Syphilis:

- \_\_\_\_\_ A. cannot be passed from a woman to her baby before it is born.
- \_\_\_\_\_ B. if left untreated, progresses to three stages.
- \_\_\_\_\_ C. is easily diagnosed by a blood test.

4. STDs that are curable are:

- \_\_\_\_\_ A. AIDS, syphilis, gonorrhea
- \_\_\_\_\_ B. Chlamydia, syphilis, gonorrhea
- \_\_\_\_\_ C. syphilis, gonorrhea, herpes

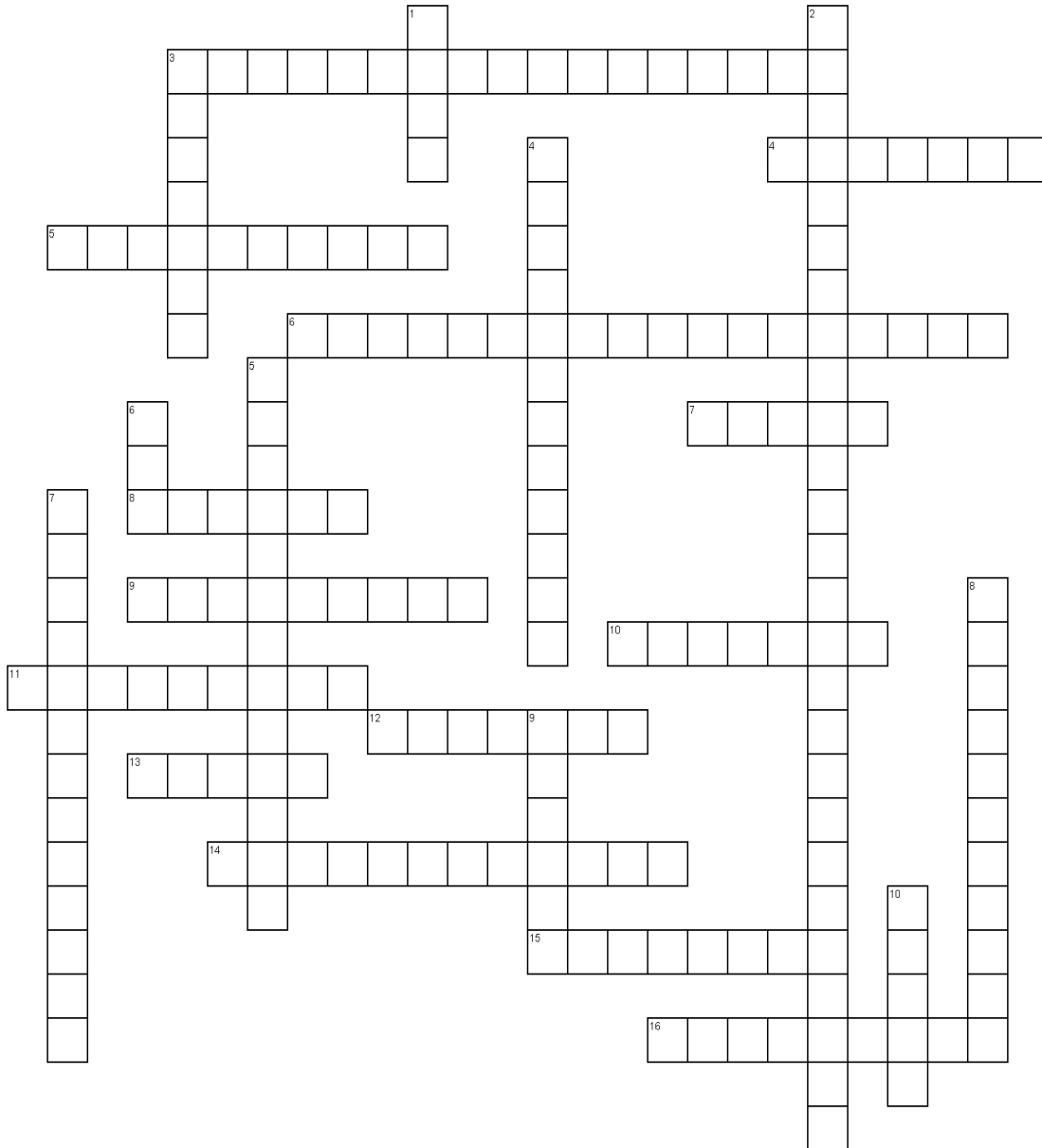
Part II Directions: Write “T” if the statement is true or “F” if the statement is false.

- \_\_\_\_\_ 1. AIDS is a sexually transmitted disease.
- \_\_\_\_\_ 2. Herpes is cured with antibiotics.
- \_\_\_\_\_ 3. Small painless, hard sores appear on a person with syphilis.
- \_\_\_\_\_ 4. Painful blisters in the genital area may be signs of herpes.
- \_\_\_\_\_ 5. Males with herpes can become sterile if left untreated.
- \_\_\_\_\_ 6. If a person gets one STD, he or she can not get another kind of STD.
- \_\_\_\_\_ 7. Gonorrhea and syphilis have some of the same kind of signs.
- \_\_\_\_\_ 8. Doctors have no treatment for AIDS or herpes.
- \_\_\_\_\_ 9. The HIV may not show any symptoms for six to ten years.
- \_\_\_\_\_ 10. All STDs will kill you.

### Crossword Puzzle - Crossword Unit 6

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

Fill in the crossword puzzle by using the clues.



#### Across

3. \_\_\_\_\_ inserting the penis into the vagina
4. \_\_\_\_\_ the period when children develop into adults and reach sexual maturity
5. \_\_\_\_\_ the antibiotic used to treat diseases such as gonorrhea



6. \_\_\_\_\_ the body system responsible for making a baby.
7. \_\_\_\_\_ male sex cell
8. \_\_\_\_\_ female reproductive organ
9. \_\_\_\_\_ a sexually transmitted disease that often has no symptoms
10. \_\_\_\_\_ long lasting
11. \_\_\_\_\_ a sexually transmitted disease that often has no symptoms
12. \_\_\_\_\_ sac of skin that holds the testes in males
13. \_\_\_\_\_ the female organ that stores the eggs
14. \_\_\_\_\_ the monthly flow of an egg and extra tissue from the uterus
15. \_\_\_\_\_ a sexually transmitted disease that has three stages
16. \_\_\_\_\_ the monthly process of releasing an egg in the female reproductive system

**Down**

1. \_\_\_\_\_ Acquired Immunodeficiency Syndrome, a disorder of the immune system
2. \_\_\_\_\_  
disease passed from one person to another through sexual contact
3. \_\_\_\_\_ unable to have children
4. \_\_\_\_\_ able to be passed from one person to another
5. \_\_\_\_\_ a sexually transmitted chronic infection
6. \_\_\_\_\_ Human Immunodeficiency Virus, the virus that causes AIDS
7. \_\_\_\_\_ passage through which mature egg cells pass from the ovaries to the uterus
8. \_\_\_\_\_ transfer of blood from one person to another
9. \_\_\_\_\_ male organ that makes sperm
10. \_\_\_\_\_ male organ used to deliver sperm and to urinate

**Select your answers from the following words:**

Menstruation	Reproductive system	Chronic
Syphilis	Puberty	Chlamydia
Sterile	HIV	Genital herpes
AIDS	Fallopian tube	Communicable
Penicillin	Sexually Transmitted Disease	Vagina
Testes	Transfusion	Ovulation
Scrotum	Sperm	Gonorrhea
Penis	Ovary	Sexual intercourse

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

## UNIT 6 TEST: WHAT IS SEXUAL HEALTH AND WHY IS IT IMPORTANT?

Part I. Directions: Fill in the blank with the correct word or letter.

Word Bank:

- |                                 |                       |
|---------------------------------|-----------------------|
| A. penis                        | I. HIV                |
| B. AIDS                         | J. antibiotics        |
| C. infected                     | K. herpes             |
| D. sexually transmitted disease | L. virus              |
| E. testes                       | M. health clinic      |
| F. bloodstream                  | N. sexual intercourse |
| G. gonorrhea                    | O. chlamydia          |
| H. ovaries                      | P. vagina             |
|                                 | Q. abstinence         |

1. Sperm passes through tubes in the \_\_\_\_\_ during sexual intercourse.
2. Sperm are created in the \_\_\_\_\_.
3. Eggs are stored in the \_\_\_\_\_.
4. \_\_\_\_\_ kills the gonorrhea germ.
5. If you avoid sexual contact, you have no chance of getting a \_\_\_\_\_.
6. The \_\_\_\_\_ is the birth canal.
7. \_\_\_\_\_ is the way a male sperm and female egg form new life.
8. HIV invades the body through the \_\_\_\_\_.
9. There are two million cases of \_\_\_\_\_ reported each year.
10. Two sexually transmitted diseases that are not curable are \_\_\_\_\_ and \_\_\_\_\_.
11. A person with \_\_\_\_\_ may not show signs of AIDS for six to ten years.
12. An \_\_\_\_\_ woman can pass a sexually transmitted disease to her baby.
13. If you suspect you may have a sexually transmitted disease, you can be tested at a \_\_\_\_\_.
14. \_\_\_\_\_ is the only birth control method that is 100% effective in preventing pregnancy and disease.

**(UNIT 6 TEST cont'd)**

Part II. Directions: Write a short answer for each question.

1. Describe the path of an egg through the woman's reproductive system. \_\_\_\_\_

\_\_\_\_\_

2. Describe the path of sperm out of the male body. \_\_\_\_\_

\_\_\_\_\_

3. How do the male and female reproductive system work together to reproduce? \_\_\_\_\_

\_\_\_\_\_

4. What is the difference between AIDS and HIV? \_\_\_\_\_

\_\_\_\_\_

5. How can AIDS be prevented? \_\_\_\_\_

\_\_\_\_\_

6. Why is it important to diagnose sexually transmitted diseases quickly? \_\_\_\_\_

\_\_\_\_\_

7. What would you say to a friend who is thinking about starting a sexual relationship?

\_\_\_\_\_

\_\_\_\_\_

8. What are some ways that a person can get AIDS? \_\_\_\_\_

\_\_\_\_\_

9. How could you show caring and concern for a person who has AIDS? \_\_\_\_\_

\_\_\_\_\_

10. What is one new thing you learned from this unit? \_\_\_\_\_

\_\_\_\_\_

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Name

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Date

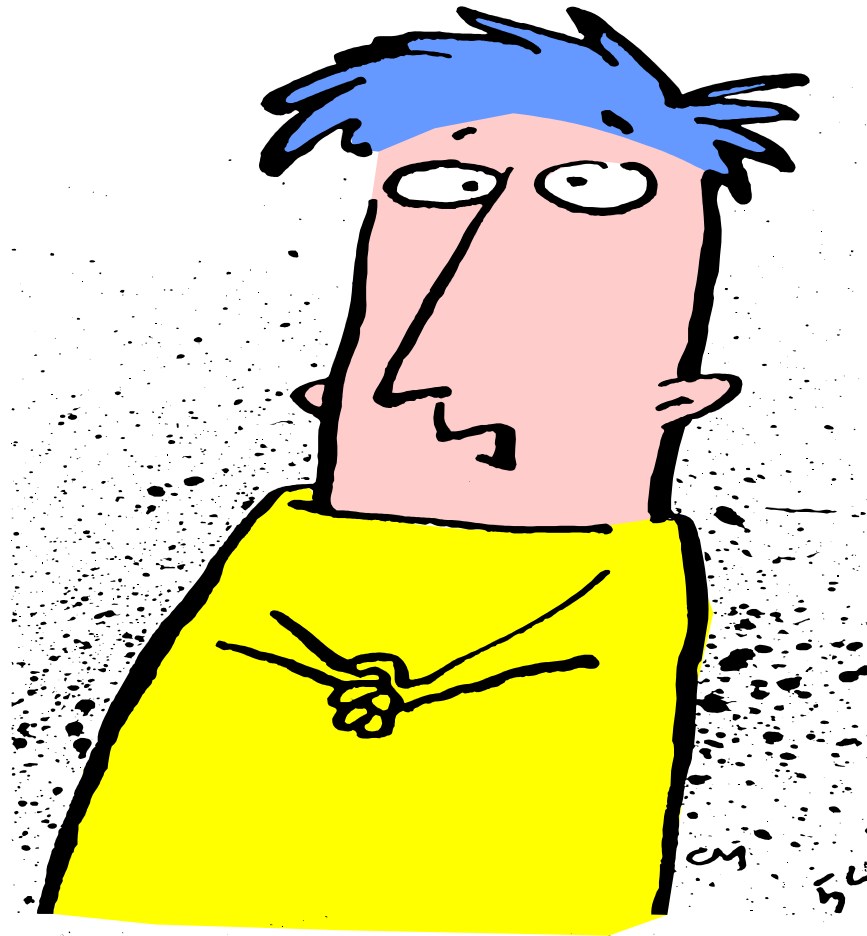
### UNIT 6: WHAT DID YOU LEARN?

- |  |      |       |
|--|------|-------|
| 1. Sexual intercourse is the way a male sperm and a female egg form new life.                              | True | False |
| 2. In males, the sex cell known as sperm is produced in the testes.  | True | False |
| 3. The vagina is the birth canal.  | True | False |
| 4. Puberty usually occurs during early childhood.  | True | False |
| 5. The ovaries store and release female eggs.  | True | False |
| 6. The monthly removal of the lining of the uterus and unfertilized egg in females is called menstruation. | True | False |
| 7. Almost four thousand sperm are released during sexual intercourse.                                      | True | False |
| 8. Inside the females, babies develop in the uterus.   | True | False |
| 9. There are two million cases of gonorrhea each year.   | True | False |
| 10. AIDS is primarily a disease of the nervous system.   | True | False |
| 11. A female can get pregnant from kissing.  | True | False |
| 12. AIDS is a disease that never affects teenagers.  | True | False |
| 13. Blisters in the genital area are signs of genital herpes.  | True | False |
| 14. There is no cure for AIDS.   | True | False |
| 15. Infected blood can transmit the AIDS virus.  | True | False |
| 16. Syphilis has at least five stages.   | True | False |
| 17. Chlamydia can cause an eye infection in babies.  | True | False |

## UNIT 7

### HOW CAN I AVOID GETTING HURT OR INJURED?

(pages 139-162)



### UNIT 7 OBJECTIVES

The student will be able to:

- Describe ways to be safe when alone at home.
- Identify the ways to protect himself or herself from being hurt by others.
- Identify common emergencies and what to do in those situations.

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Name

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Date

### UNIT 7: WHAT DO YOU KNOW?

- |  |      |       |
|--|------|-------|
| 1. Adults are more at risk than teens of being injured.                    | True | False |
| 2. Teens are at no risk of injury when they're home alone.                 | True | False |
| 3. Adults are at no risk of injury when they're home alone.                | True | False |
| 4. Many accidents can be prevented.  | True | False |
| 5. It is O.K. to give someone your name and phone number on the Internet.  | True | False |
| 6. In case of emergency, dial 9-1-1 on the phone.                          | True | False |
| 7. Keep emergency phone numbers by the phone.                              | True | False |
| 8. A radio on the side of the tub is safe.                                 | True | False |
| 9. If a building is on fire, then try to put the fire out.                 | True | False |
| 10. It is always okay to drink alcohol and take your medication.           | True | False |
| 11. Bullies are likely to bother groups of people.                         | True | False |
| 12. You should not be forced into anything you are uncomfortable with.     | True | False |
| 13. Stand up for yourself if someone is bullying you.                      | True | False |
| 14. You should avoid being alone with people you just met.                 | True | False |
| 15. Sexual predators find victims on the Internet.                         | True | False |
| 16. Drugs rarely change how a person sees a situation.                     | True | False |
| 17. While walking, always go alone and take as many shortcuts as you need. | True | False |

## UNIT 7: WORDS TO KNOW

**Assertive** – speaking up or standing up for oneself.

**Bullying** – to frighten (someone) into doing something by threats.

**Cardiopulmonary Resuscitation (CPR)** – emergency procedure for cardiac arrest.

**Electrical shock**- a flow of electric current through the body.

**Emergency kit** – collection of items that are useful in almost any kind of emergency.

**Fracture**- cracked or broken.

**Heat exhaustion** – condition resulting from physical exertion in very hot temperatures.

**Heatstroke** – condition resulting from being in high heat too long.

**Heimlich maneuver** – firm, upward abdominal thrusts that force out foreign objects blocking an airway.

**Hypothermia** – serious loss of body heat from being exposed to severe cold temperatures.

**ICE** – Immobilize, Cold, Elevate

**Oral poisoning** – poison that is taken in by mouth.

**Personal safety** – being safe as a person.

**Physical abuse** – physical mistreatment; actions that harm someone.

**Preventable injury** – an injury that could have been avoided if precaution had been taken.

**Rabies**- a disease spread to humans through animal bites.

**Safeguards** – something that protects.

**Safety hazard** – a danger to your safety.

**Sexual abuse** – mistreatment of a person through inappropriate sexual behavior. Sexual abuse can occur when there is an unequal balance of power, such as an adult abusing a child.

**Shock** – physical reaction to injury in which the circulatory system fails to provide enough blood to the body.

**Verbal abuse** – insult; mistreatment of a person through words and gestures.

**Vulnerable** – in more danger; easily hurt; at-risk.

## UNIT 7: LESSON 1

### HOW CAN I KEEP SAFE WHEN I'M ALONE?



Everyone faces injury every day both at home and away from home. Did you know that **preventable injury** is the #1 cause of death among teens and young adults? Teens are more at risk of injuring themselves than adults are. This is because teens often act suddenly when faced with certain decisions. Teens are less likely to believe that a risk is present in many situations.

Safety is also affected by alcohol and drugs. Drugs alter a person's reaction time. Drugs change how a person sees a situation. It is important to understand how alcohol and drugs can be dangerous to your health and safety. You are less safe if *you* use drugs or alcohol, and/or you come into contact with *someone else* who is using them. Being aware of danger and using good judgment are signs that you are becoming a responsible adult.

If you are like many teens today, you might be home alone from time to time. You might walk alone to the bus stop, to school, or to work. You might stay by yourself at home after school. You probably already know ways to keep safe in these situations, but they are worth reviewing! Here are some **personal safety** tips to use when you are by yourself.



## **In Buildings**

- Never get into an elevator alone with a person who looks like someone you cannot trust. Turn and walk away. Use the next elevator.
- In an elevator, always stand near the panel with all the buttons. If someone attacks you, press the alarm button.

## **Walking**

- Find a classmate or friend to walk with you to the bus stop or school. If this is not possible, stay on a well-traveled street. Never take short cuts, small side streets, alleys, or wooded areas.
- Do not accept rides from strangers, even if they seem nice and appear to want to help you.
- If you are being followed by a stranger, quickly go to a crowded street, a public building, or another active area.
- If a stranger does get a hold of you, start yelling, “Fire.” This will draw people’s attention.

## **At Home**

- When you get home, call a parent or adult immediately to say you have arrived safely.
- When you are home alone, make sure you don’t tell unknown phone calls that you are alone. Decide with the adults in your family what you should say if someone you don’t know calls. Practice the script and keep a copy of it near the phone.
- Keep the door locked and do not open it. If someone comes to the door, speak through the closed, locked door—even if you know the person.
- Make sure all windows are closed and locked.
- Keep a copy of emergency numbers by the phone.

Fires, poisoning, and electrical shocks can result from **safety hazards** found in your home. You should not attempt to fight a fire unless it is contained to a small area and you have a working fire extinguisher handy. The most important thing is to get out of the building quickly. If possible, call 9-1-1 for help immediately. If you find yourself in a fire:

- Drop to the floor on your hands and knees and crawl to the door. Stay as close to the floor as you can where there is less smoke.
- Feel the door and doorknob before opening to check for heat. If the door is hot, take a second escape route like a window.
- Get out of the house at once without taking belongings.
- Go to a designated meeting place established by your parents.
- Call 9-1-1 from a neighbor’s house or cell phone.
- Stop, drop, and roll on the ground if your clothing catches fire.

A poison can cause injury, illness, and even death when it enters the body. Babies and young children have the most poisonings because they put so many things in their mouths. Drug overdoses are the main causes of poisonings in teenagers. Here are some **safeguards** that can reduce incidents of poisoning:

- Store medicines and chemicals in their original container and out of children's reach.
- Never run a vehicle in a closed garage to avoid poisoning from the exhaust.
- Household products with dangerous fumes or odors should only be used in plenty of fresh air or outdoors.
- Remember that some food products that seem safe, such as food coloring, can be poisonous if ingested in large quantities.
- Keep the phone number of the local poison control near the telephone.

An **electrical shock** is a flow of electric current through the body. Electric shocks can cause serious burns, injuries to internal organs, and even death. The shocks can happen when appliances are wet, don't work properly, or are used with too many other appliances. Here are some ways to avoid electrical shock:

- Never use an electric appliance if the floor, your body, or your clothing is wet. Examples of appliances are hair dryers, power tool, and radios.
- Pull on the plug, not the cord, when unplugging lamps and appliances.
- Stay away from power lines that are down and do not fly a kite near power lines.
- Cover electrical outlets with safety plugs in a house with small children.
- Have only a licensed electrician repair appliances and add, replace, or repair wiring in a home.
- Do not put bare metal objects such as screwdrivers into electrical outlets.
- Unplug electrical appliances that do not seem to be working properly.

If you ever need to call 9-1-1, it is better to give the operator the name of the city and state that you live in **before** you give him/her your street address.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

## UNIT 7: Lesson 1 Activity

### SAFETY RULES

Directions: Write the answer to each question.

1. Identify two personal safety rules.

A. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

B. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Identify one fire safety rule. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Identify one poisoning safety rule. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Identify one electrical safety rule. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What is the leading cause of death among teenagers? \_\_\_\_\_

## UNIT 7: LESSON 2

### WHAT ELSE CAN I DO TO PROTECT MYSELF?



You just reviewed some general safety tips that all young people should know and practice. There are additional safety issues that teens with disabilities or chronic health conditions need to know about. The items outlined in this lesson may not be as obvious as the ones listed in Lesson 1. They are, however, of special concern for young people with disabilities or medical conditions. That's because you may be more **vulnerable** (in more danger) than other teens to being harmed or having people take advantage of you. For that reason, you should be well informed and prepared to deal with these issues.

**Mixing Medications.** Medications prescribed to help with your disability or health condition may not mix well with other medications, herbal treatments, street drugs, or alcohol. If you take more than one medicine, your doctor and pharmacist are very careful to make sure that they can be mixed safely. Your friends may offer you alcohol, cigarettes, or other drugs. Find out what these drugs can do to you and the effects they will have on your health.

- Find out what will happen if you use alcohol or drugs.
- Find out which over-the counter medications you should avoid.
- Find out which herbal/vitamin supplements or other alternative treatments to avoid.

**Bullying.** Have you ever been **bullied**? Unfortunately, teens with disabilities are often the targets of ridicule, **verbal abuse** (insults), pushing or shoving from bullies. Here are some things that you can do to prevent being bullied:

- Find friends! Lonely kids are frequent targets. Bullies are less likely to bother a group.
- Report bullying behaviors to teachers or other adults in authority.
- Be **assertive**. For example, you could respond by asking questions, changing the subject, agreeing with the bully, or asking for advice.
- Use humor. Make a joke or laugh it off. Lighten the mood.
- Stay away from places where bullies hang out. Avoid kids who bully. Move away with your head up and shoulders back. Ignore bullying attempts.
- If you see someone else being bullied, don't just stand by and watch. Go get a teacher or another adult. Refuse to be an audience for bullying!

**Abuse.** Did you know that domestic violence is the leading cause of injury to women between the ages 15 - 44 in the United States - more than car accidents, muggings, and rapes combined? Battered women are often severely injured – 22% to 35% women who visit medical emergency rooms are there for injuries related to on-going partner abuse.

Young people with disabilities are at higher risk of **physical** and **sexual abuse** than those without disabilities. As you learned in the unit on sexual health, it is important for you to be treated with respect. You should not be forced to do anything that you are uncomfortable with. Here are some things you can do to prevent sexual abuse:

- Get to know people before you put your trust in them. Avoid being alone with people who are new to you. Trust your instincts about people.
- Make sure your words and actions are clear. If you are upset by someone's behavior or language, be forceful in saying what you dislike.
- Alcohol and drugs impair judgment and actions. First, make sure you can trust yourself. Second, avoid situations where other people are drinking heavily or using drugs.

- Move around with a group of friends rather than by yourself. Always have money to call home or get a cab. Have a back-up plan in case your ride home doesn't work out.
- Make a pact with a friend to watch out for each other.
- Tell a trusted adult if you are uncomfortable with someone's behavior or language.

**Internet.** While the Internet is a useful tool, it can also be used by some people to cause you harm. The Internet can be safe and enjoyable if you follow some safety rules:

- Avoid sites that contain material and activities that make you uncomfortable. If you accidentally go to a site, leave immediately.
- Never give out any information about yourself, your family, or where you live to people or sites without talking to your parents or a responsible adult.
- Don't go to chat rooms unless you have permission from a parent or guardian. Never agree to meet face-to-face with someone you met online unless you have permission. Sexual predators often use the Internet to meet their victims.

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Name

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Date

**UNIT 7: Lesson 2 Activity**

**WHAT DO YOU THINK?**

Part 1. Directions: Read the following scenarios, then decide if the person is a victim of:

- A. Mixing Medications
- B. Bullying
- C. Sexual Abuse
- D. Internet Abuse

Write the letter or word in the blank following the scenarios.

1. Sue was 15 years old and was going to her first party. Her friend Jan's older brother was throwing the party and Jan had invited her. Sue knew there wouldn't be any parents at the party and kids would probably be drinking alcohol, but she wasn't planning to drink. Sue felt a little uncomfortable when she arrived because the only person she knew was Jan. Then Jan introduced her to a really good-looking guy named Seth. Seth was a lot older than her but seemed really nice. He asked her if she wanted a drink. She said yes because she didn't want him to think she was a baby. She felt really relaxed after the first drink, and Seth kept giving her more drinks. The next thing she knew Seth was kissing her in a room and no one else was around. She started to feel uncomfortable when he began touching her body. She kept trying to tell him to stop, but she was too drunk and it didn't do any good. Seth was a lot stronger than her and she couldn't push him away. Seth told her he would hurt her if she didn't have sex with him. What type of abuse was Sue a victim of?

---

2. Joy was a lonely girl. She didn't have any friends. She felt fat and ugly. She spent most of her free time on the computer. Then she met a really nice guy named Randy in a chat room. They "talked" every day. He told her he worked for a modeling agency and was looking for pretty girls. She emailed her picture to him. He told her she was beautiful and wanted her to model for him. They decided to meet in the park. When Joy got there, Randy took her to his "studio." Joy was never seen again. What type of abuse was Joy a victim of?

---

3. Sam was walking home from school when Curt jumped out from the bushes and scared him. Curt always made fun of Sam because Sam had a bad leg that caused him to limp. Sam was afraid of Curt because Curt was so much bigger and stronger than him. When Curt made him lie on the ground with his face in the dirt, Sam didn't tell anybody because he was scared. What type of abuse is Sam a victim of?

---

Part II. True or False. Directions: Place a “T” or true and a “F” for false next to the following statements.

4. \_\_\_\_\_ Friends can help protect you from bullying and sexual abuse.
5. \_\_\_\_\_ You do not have to ask your doctor about mixing your medication if you are only taking herbal or vitamin supplements.
6. \_\_\_\_\_ Alcohol and drugs impair judgment and actions.
7. \_\_\_\_\_ It is okay to tell someone in a chat room your address if you seen a picture of them.
8. \_\_\_\_\_ If you see someone being bullied, you should go get help.
9. \_\_\_\_\_ If you are upset by someone’s behavior, it is best to keep it to yourself.
10. \_\_\_\_\_ You should always have money when you go out in case of emergency.
11. \_\_\_\_\_ You should check with your doctor or pharmacist before you drink alcohol if you are taking medication.
12. \_\_\_\_\_ Making a joke can be a good strategy if someone is trying to bully you.
13. \_\_\_\_\_ If you just met someone who seems really nice, it’s okay to go off alone with them.
14. \_\_\_\_\_ It is important for you to be treated with respect.
15. \_\_\_\_\_ If you are well informed and prepared you are less vulnerable.



## UNIT 7: LESSON 3

### WHAT SHOULD I DO IN A MEDICAL EMERGENCY?



Have you ever accidentally cut yourself or fallen and sprained your ankle? Each of these situations is an emergency. An emergency can happen at anytime and any place. Knowing how to handle common injuries might mean the difference between life and death. Some common injuries are broken bones and sprains, burns, objects in the eye, nosebleeds, exposure to heat and cold, and animal bites. The following is information that you can use in common emergency situations to help yourself or others.

**Sprains and Fractures.** If the injured part of your body is swollen, crooked, or bruised, you may have a **fracture**, or broken bone. If you believe you have a sprain or a fracture, you should **ICE** (immobilize, cold, elevate) it. First, immobilize the limb. Next, apply cold compresses to the swollen area. Then, elevate the limb to reduce further swelling. If you are by yourself or are in a lot of pain, you should consider calling 9-1-1.

**Burns.** There are three types of burns: first-degree, second-degree, and third-degree burns. First-degree burns injure only the outer layer of skin. A sunburn is this type of burn. Second-degree burns affect the outer and underneath layers of skin. The area may swell and blister. Severe sunburns may be second-degree burns. Third-degree burns extend through all

layers of skin to the tissues underneath. For treatment of first and second-degree burns, remove the heat source. Then cool by applying large amounts of water. Finally, cover the area with a loose bandage to prevent infection. Third-degree burns require immediate medical attention. Call 9-1-1.

**Eye Injury.** If there is an eye injury where you suspect an object is still in the eye, do not rub. Flush the eye with lukewarm water starting from the corner near the nose. If the object remains, seek medical help.

**Nosebleed.** For a minor nosebleed, you should sit and lean forward. Breathe through your mouth and apply direct pressure to the bleeding nostril for ten minutes. A cold cloth across the bridge of the nose may help. If these steps don't stop the bleeding, seek medical help.

**Heat Exhaustion.** **Heat exhaustion** occurs from physical exertion in a very hot environment. Signs of heat exhaustion are weakness, heavy sweating, muscle cramps, and dizziness. First, the person should be removed from the heat. Loosen clothing, cool the person with wet cloths, and offer sips of water. Call 9-1-1 if he or she becomes unconscious. A **heatstroke** may occur if a person remains in heat too long. The main sign of heatstroke is lack of sweating. Other signs are high body temperature, red skin, vomiting, confusion, rapid pulse, and possible sudden unconsciousness.

**Hypothermia.** The opposite of heatstroke is **hypothermia**, or being too cold for too long. This does not occur in Florida very often! Signs of hypothermia are shivering, thick speech, and below-normal body temperature. Hypothermia can cause death. Remove any wet clothing and dry the person. Slowly warm the person with blanket and sips of warm liquids to drink. If a person isn't breathing, perform rescue breathing, while someone else calls or 9-1-1.

**Animal Bites.** Animal bites from dogs and other animals can spread the disease of **rabies**. If an animal bite occurs wash the area immediately with soap and, apply a dressing. Seek medical care if the animal is not a family pet. Snake bites are serious if they come from one of the four poisonous snakes. These are rattlesnakes, copperheads, water moccasins, and coral snakes. If snake bite occurs, call for help.

It's a good idea to have an emergency kit prepared for situations like these. An **emergency kit** is a collection of items that can be used in an emergency. The kit should contain bandages, ice packs, scissors, tweezers, gauze, tape, and medicines. These items can be used to treat serious injuries until help arrives. A battery-powered radio is also an important part in an emergency kit. If there is no power, then this could be your only connection to the world. Make sure you have a portable radio and enough batteries to run it. If a hurricane hits the area where you live, your electricity could be out for hours or even weeks!

Some emergencies can be life threatening if first aid is not given immediately. Whether a victim survives might depend on the actions of others, such as you. These conditions include severe bleeding, shock, choking, heart attacks, or poisoning. The rest of this lesson provides steps to take in serious emergency situations. You are not expected to remember everything. It takes practice to successfully perform some of the techniques that are described. But it is smart to keep this information in a place where you can get to it easily and quickly. You should always be ready to call 9-1-1 or other medical help in these situations.

**Severe Bleeding.** Severe bleeding must be controlled quickly. First, stop the bleeding by pressing hard at the source of bleeding. Next, protect the wound from infection. Then treat the person for shock, if necessary. You should also protect yourself from possible infection by wearing latex gloves.

**Shock.** Severe bleeding, heart attacks, and other serious injuries can cause shock. **Shock** is a physical reaction to severe injury or illness. Shock leads to death if not treated. Therefore, if you see signs of shock, treat it immediately. These signs would be rapid or slow pulse, fast or slow breathing, pale skin, thirst, or confusion. Follow these steps:

1. Keep the person lying down. Elevate or lift the legs higher than the heart to keep the blood flowing to the heart. However, do **not** elevate the legs if you think there is a spine or neck injury.
2. Maintain a constant body temperature by applying blankets or a coat around the victim.
3. Do not give the person any food or water. This can cause choking.

**Choking.** Thousands of children and adults choke to death every year because of food or foreign objects blocking the airway or throat. It is important to recognize the universal sign for choking. A victim who holds the throat between the thumb and index finger is showing this sign. Other signs of choking include gasping, a weak cough, inability to speak, pale or blue skin, and loss of consciousness. If a choking victim cannot speak, cough, or breathe perform the **Heimlich maneuver** as follows:

1. Stand behind the choking victim and wrap your arms around the person's waist.
2. Make a fist with one hand.
3. Place the thumb of the fist against the middle of the victim's abdomen above the navel and below the ribs.
4. Use the other hand to grab the fist and give quick, upward thrusts into the abdomen.
5. Repeat until the object is forced out.



If the blockage does not come out and the victim becomes unconscious, gently lower the victim to the floor. Have someone call 9-1-1. Open the victim's mouth and check the throat for blockage, using the finger sweep. Use the following steps for a finger sweep:

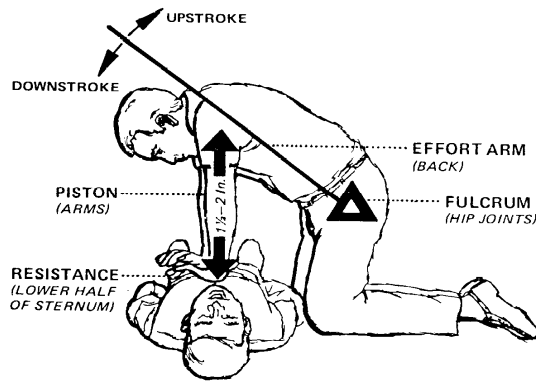
1. Grasp the tongue and lower jaw between your thumb and fingers and lift the jaw.
2. Use your other finger to sweep the back of the throat in a hooking action, grasping the object.
3. If this does not work, begin rescue breathing.

If a victim stops breathing but the circulation and pulse continue, rescue breathing is required. This technique is used for life-threatening emergencies to put oxygen from the rescuer's lungs to the victim's lungs. Rescue breathing is called mouth to mouth resuscitation.



**CPR.** The failure of the heart to function properly is a life-threatening situation. The heart may be affected by electrical shock, poisoning, a drug overdose, or heart disease. If a person's heart has stopped beating and he/she has no pulse, performing **Cardiopulmonary Resuscitation (CPR)** is necessary. The goal of CPR is to open the victim's airway and restore breathing and circulation. A diagram illustrating the technique is shown on the next page. To perform basic CPR, follow these steps.

1. Find the proper hand position.
  - Locate the notch at the lower end of the breastbone.
  - Place the heel of your hand on the breastbone next to your fingers.
  - Remove your hand from the notch and put it on top of your other hand.
  - Use only the heels of your hands, keeping your fingers off the chest.
2. Give fifteen compressions.
  - Position your shoulders over your hands.
  - Compress the breastbone 1 ½ to 2 inches.
  - Do 15 compressions in about 10 seconds.
  - Compress down and up smoothly, keep hand contact with the chest at all times.
  - After every 15 compressions, give 2 full breaths.



**Diagram:** Performing CPR

**Poison.** Poison may be swallowed, breathed in, or absorbed through the skin. **Oral poisoning** happens when substances are swallowed. Household cleaners, radiator fluid, parts of certain plants like morning glories, can be poisonous if eaten. Signs of oral poisoning are sudden, severe abdominal pain, upset stomach, and vomiting. The victim might become sleepy and lose consciousness. If a person swallows a poison, call 9-1-1 or the local poison control center immediately. Information about the poison and the victim's weight and age is important to give on the phone. Look on the bottle of liquid you think was taken to see if it says "do not induce vomiting." This means the chemical will cause more harm if vomiting occurs.

Contact poisoning happens when poison comes in contact with your skin. Poisons may be absorbed from plants such as poison ivy, household cleaning products, or lawn and farm chemicals. Signs of skin poisoning are severe rash, swelling, blisters, itching, and burning. Remove any clothes that have poison on them. Wash the skin with soap and large amounts of water. Apply ice for swelling and calamine lotion to reduce itching.

Inhalation poisoning happens when someone breathes in, or inhales, harmful gases. Signs of this poisoning are headache, dizziness, or loss of consciousness. Move a person who has inhaled a person into fresh air at once. If the victim is unconscious, check for breathing and pulse. If these are not present, begin CPR immediately.

---

Name

---

Date

**UNIT 7: Lesson 3 Activity**

**EMERGENCY SITUATIONS**

Part I. Directions: In a group discussion, describe what you would do if you walked up and saw a person with the each of the following injuries:

- |                      |   |
|----------------------|---|
| 1. bone fracture     | 6. animal bite                          |
| 2. sprain            | 7. severe bleeding                      |
| 3. first-degree burn | 8. shock                                |
| 4. nosebleed         | 9. choking (Heimlich maneuver)          |
| 5. heat exhaustion   | 10. CPR (Cardiopulmonary Resuscitation) |
|                      | 11. Oral poisoning                      |

Part II. Directions: Share with the group one new way you learned to help in an emergency.

Part III. Directions. Fill in the blanks with the answer to these questions.

1. Name some items in an emergency kit.

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2. Why is a battery powered radio important in an emergency kit?

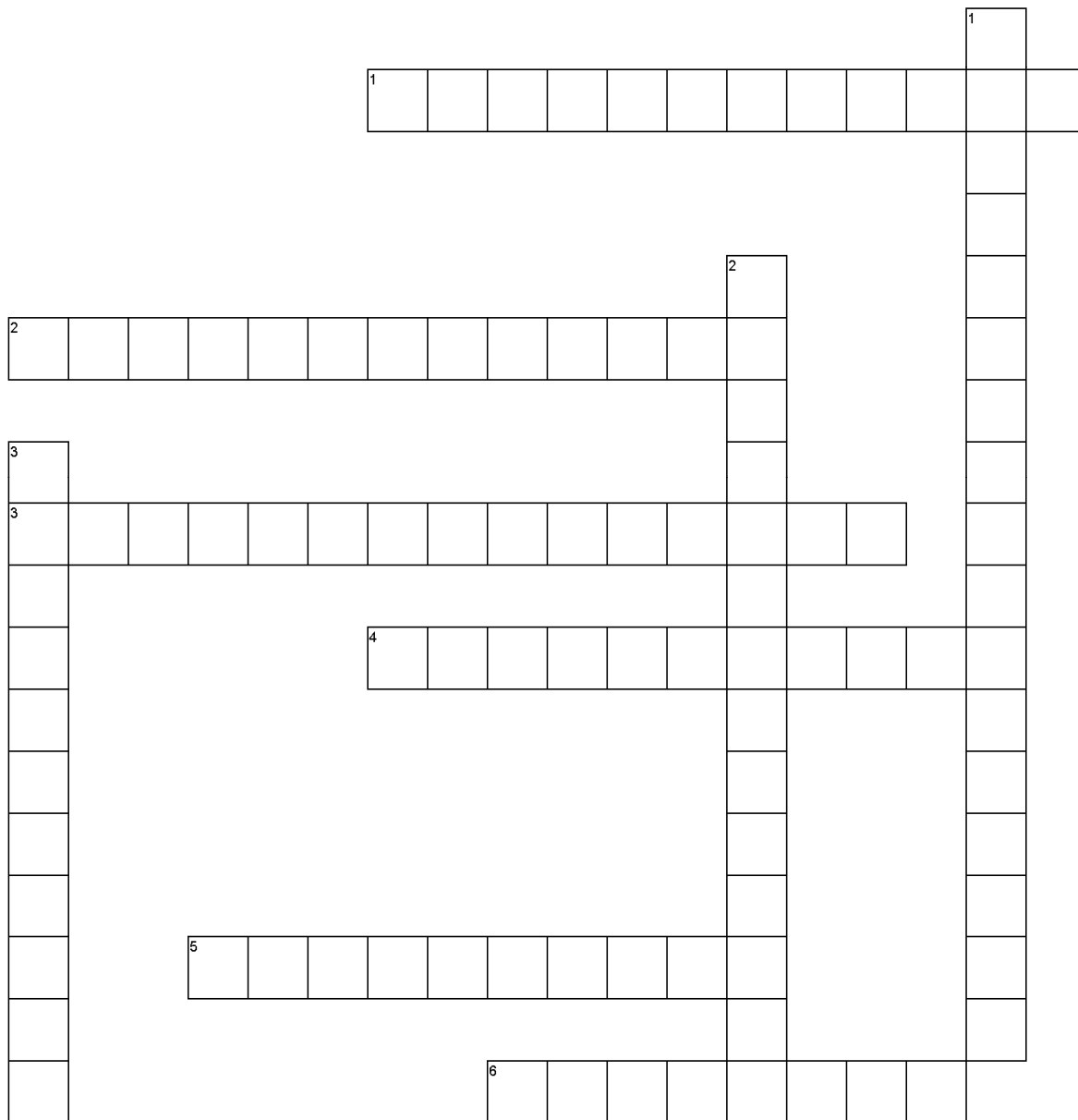
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## Crossword Puzzle - Unit 7 Crossword

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

**Fill in the crossword puzzle by using the clues.**





### **Across**

1. \_\_\_\_\_ - a danger to your safety
2. \_\_\_\_\_ physical mistreatment or actions that harm someone
3. \_\_\_\_\_ a flow of electric current through the body
4. \_\_\_\_\_ mistreatment of a person through inappropriate sexual behavior
5. \_\_\_\_\_ in more danger or easily hurt
6. \_\_\_\_\_ to frighten someone into doing something by threats

### **Down**

1. \_\_\_\_\_ an injury that could have been avoided if precaution had been taken
2. \_\_\_\_\_ being safe as a person
3. \_\_\_\_\_ mistreatment of a person through words and gestures

### **Select your answers from the following words:**

Sexual Abuse  
Safety hazard  
Preventable injury

Verbal Abuse  
Vulnerable  
Physical Abuse

Bullying  
Personal Safety  
Electrical shock

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

### UNIT 7 TEST: HOW CAN I AVOID GETTING HURT OR INJURED?

Part I. Directions: Fill in the blank with the correct word or letter.

**Word Bank:**

- |                    |                 |
|--------------------|-----------------|
| A. physical abuse  | E. verbal abuse |
| B. electric shock  | F. sexual abuse |
| C. personal safety | G. bullying     |
| D. poison          | H. Internet     |

- a. You should consider your \_\_\_\_\_ when you are walking in a building or at home.
- b. Small children need safety plugs in the electric outlets to avoid \_\_\_\_\_.
- c. If someone calls you “stupid,” that is an example of \_\_\_\_\_.
- d. If someone is twisting your arm, that is an example of \_\_\_\_\_.
- e. A \_\_\_\_\_ can be swallowed, come in contact with the skin, or be inhaled.
- f. If an adult were to force you to participate in a sexual activity that you are uncomfortable with, this would be an example of \_\_\_\_\_.
- g. If someone wants your lunch money and threatens to cause you harm, this is an example of \_\_\_\_\_.
- h. Sexual predators find young teens on the \_\_\_\_\_.

Part I. Directions: Write True (T) or False (F).

- \_\_\_\_\_ 1. Oral poisoning occurs when someone touches poison.
- \_\_\_\_\_ 2. To treat contact poisoning, wash the affected area.
- \_\_\_\_\_ 3. If someone swallows poison, call poison control or 9-1-1 at once.
- \_\_\_\_\_ 4. You are responsible for your personal safety.
- \_\_\_\_\_ 5. Preventable injury is the leading cause of death among teens.
- \_\_\_\_\_ 6. Drugs and alcohol affect your decision-making.
- \_\_\_\_\_ 7. Alcohol and cold medicine can be taken at the same time.
- \_\_\_\_\_ 8. You will always meet really good friends on the Internet.
- \_\_\_\_\_ 9. You can get rabies from an animal bite.

---

Name

---

Date

**UNIT 7: WHAT DID YOU LEARN?**

- |  |      |       |
|--|------|-------|
| 1. Adults are more at risk than teens of being injured.                    | True | False |
| 2. Teens are at no risk of injury when they're home alone.                 | True | False |
| 3. Adults are at no risk of injury when they're home alone.                | True | False |
| 4. Many accidents can be prevented.  | True | False |
| 5. It is O.K. to give someone your name and phone number on the Internet.  | True | False |
| 6. In case of emergency, dial 9-1-1 on the phone.                          | True | False |
| 7. Keep emergency phone numbers by the phone.                              | True | False |
| 8. A radio on the side of the tub is safe.                                 | True | False |
| 9. If a building is on fire, then try to put the fire out.                 | True | False |
| 10. It is always okay to drink alcohol and take your medication.           | True | False |
| 11. Bullies are likely to bother groups of people.                         | True | False |
| 12. You should not be forced into anything you are uncomfortable with.     | True | False |
| 13. Stand up for yourself if someone is bullying you.                      | True | False |
| 14. You should avoid being alone with people you just met.                 | True | False |
| 15. Sexual predators find victims on the Internet.                         | True | False |
| 16. Drugs rarely change how a person sees a situation.                     | True | False |
| 17. While walking, always go alone and take as many shortcuts as you need. | True | False |

## JOURNAL PAGE

### EMERGENCY CONTACTS AND HEALTH CARE PROVIDERS

*\* Use case study information only when completing this form as a classroom activity.*

Date	Type of Provider	Name	Address	Phone number
	Primary Care Physician			
	Dentist			
	Pharmacist			
	Hospital			

#### Other Emergency Contacts:


## UNIT 8

### WRAP IT UP!



Now it's time to wrap it up! Your work over the last few weeks has helped prepare you to enter adulthood. You can use this information to help find an adult doctor, keep track of medications, understand your insurance, make informed decisions, and, most importantly, ***speak up for yourself.*** Your final assignment is to compile a folder of tools that can be used as soon as you leave this class. The folder should include:

1. Your Health Journal
2. Your Health Care Transition Summary
3. Some ideas to consider for your next Transition IEP meeting
4. A list of community resources

Keep these tools in one place and keep them updated. They will help you get the services you need in your transition to adult health care. You have learned that taking responsibility for your own health care is part of growing up and becoming independent. But don't think that you have to do it alone. Being responsible also means knowing when, how, and who to ask for help. The best transitions occur when teens, their families or guardians, teachers, doctors, and other providers all work together to support the teen's goals!

### **Your Health Journal**

You need to have a place to keep and store all the information you are learning about yourself and your health. You also need a place to record all the stuff that helps you make

informed decisions about your health and your future. The best way to do that is to keep important information together in a **Health Journal**. You can start by putting all of the Journal Pages from this book together in the folder. While you practiced in class filling out most of these forms with case study information, you will need to complete them at home with help from your family using your personal health information. At the end of this chapter, you will find an extra copy of each Journal Page:

- ✓ *Medical Appointment Log* (page 71)
- ✓ *Communications Checklist* (page 65)
- ✓ *Medical History*
  - *Doctor's Registration Form* (Unit 3, Lesson 4 Activity; page 63)
  - *Additional Medical Information* (page 72)
  - *Family History* (page 73)
- ✓ *Insurance* (page 91)
- ✓ *Medications* (page 116)
- ✓ *Emergency Contacts and Health Care Providers* (page 162)

Make sections so that you can find the information easily. Make sure your family members know where it is in case of an emergency! Continue to collect and update the information. You may choose to take the Journal to your doctor appointments, or you may prefer to use a Health Care Summary for doctor visits.

### **Your Health Care Transition Summary**

A **Health Care Summary**, or **Medical Summary**, is a form that has a person's medical history and important contacts on *one* sheet of paper. You can hand it to a new doctor or use it in an emergency situation. That way, the doctor can quickly focus on your health needs - even if you can't talk or are unconscious. Some people carry the form in their wallets and keep a 2<sup>nd</sup> copy in the car. The attached **Health Care Transition Summary** lets you include some information about your work and education plans. Much of the medical information you collect for your personal Journal Pages also goes in the summary. After you fill out the form at home with your family, print it out on a single sheet of paper (both sides). The one page summary is easy to keep with you wherever you go.

## Health Care Transition Summary

Name \_\_\_\_\_ DOB \_\_\_\_\_ SS# \_\_\_\_\_

Address \_\_\_\_\_  
Street City State

Zip

Phone \_\_\_\_\_  
Home Work Cell

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Guardian/Health Surrogate: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Unique Communication/Cultural Needs: \_\_\_\_\_

Strengths/Assets: \_\_\_\_\_

Assistive Technology: \_\_\_\_\_

Primary Insurance: \_\_\_\_\_  
Policy # Case Manager Phone #

Secondary Insurance: \_\_\_\_\_  
Policy # Case Manager Phone #

Allergies: \_(meds & food)\_\_\_\_\_

Recent Lab, X-ray Findings: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Dietary/Nutritional Needs: \_\_\_\_\_

Primary Care Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State

Zip

Diagnosis	Managing Provider/ Specialist	Address	Phone
1.			
2.			
3.			
4.			
5.			
Current Medications & Dosages	Current Medications & Dosages		
1.	5.		
2.	6.		
3.	7.		
4.	8.		
Current Therapies	Frequency	Provider	Contact Information
1.			
2.			
3.			

**Health Care Transition Summary**  
**Page 2**

Medical Equipment	Medical Supplies	Provider	Contact Information		
1.					
2.					
3.					
4.					
Orthotics & Prosthetics		Provider	Contact Information		
1.					
2.					
Past Hospitalizations (including surgeries)					
Date	Hospital Name	Reason	Physician		
Functional Capabilities		Brief Summary			
Upper Extremities					
Lower Extremities					
Speech/Language					
Cognitive/ Problem Solving					
Future Plans (including agencies involved & referral made)					
Health Care					
Health Insurance					
School & Work					
Independent Living (housing, transportation, attendant care)					
Services Currently Receiving		Provider Contact Information			
1.					
2.					
3.					
4.					
OTHER IMPORTANT INFORMATION:					

Youth Signature: \_\_\_\_\_ Date Completed: \_\_\_\_\_



## **Your Transition IEP**

High school students who have **Transition IEPs** should *always* participate in their TIEP meetings. After all, decisions are made at these meetings about your education, your life, your future. Some students even direct the meetings themselves. TIEP meetings are a great place to begin advocating for yourself!

There are many health-related issues to consider when developing your TIEP. The following is a list of items that you may want to discuss with your transition team:

- ✓ Training for a job that won't conflict with your health needs
- ✓ Volunteer experiences to help you develop work, communication, and social skills
- ✓ Understanding what kind of accommodations or modifications you need
- ✓ Knowledge of health insurance
- ✓ Special dietary needs
- ✓ Classroom seating (for example, not being next to a window if you have allergies or asthma)
- ✓ Medication, medical supplies, and equipment

## **Resources**

Finally, it is important for you to know how to locate services that can help you transition to adult health care. There are many **national, state, and community resources** that you and your family can access. The following page lists several national and state resources; you can check your local 2-1-1 directory or contact the Center for Independent Living (CIL) in your area to help you find community resources. For example, in Hillsborough County, many local services can be found online at [http://health.usf.edu/medicine/pediatrics/ad\\_med/resources.htm](http://health.usf.edu/medicine/pediatrics/ad_med/resources.htm).

***These tools along with your knowledge and skills will help you become a successful adult health care consumer. You're on your way.....good luck!***

## NATIONAL AND STATE RESOURCES

### NATIONAL

#### **Healthy & Ready to Work National Center**

202-884-8650, [www.hrtw.org](http://www.hrtw.org)

A wealth of information, tools, resources, and connections to health care transition experts.

#### **Institute for Child Health Policy**

352-265-7220, <http://hctransitions.ichp.edu>

Listserv, videos, training materials, and other health care transition resources.

#### **Social Security Online**

800-772-1213, 800-325-0778 (TTY)

[www.ssa.gov/disability](http://www.ssa.gov/disability)

Eligibility information and application for SSI and SSDI disability benefits.

#### **National Guardianship Association**

520-881-6561, [www.guardianship.org](http://www.guardianship.org)

Resources for family and professional guardians, including newsletters, conferences, and networking opportunities.

#### **The Arc**

301-565-3842, [www.thearc.org](http://www.thearc.org)

Guardianship issues are addressed on the national Arc Web site.

#### **GovBenefits.gov**

800-333-4636 [www.govbenefits.gov](http://www.govbenefits.gov)

Easy-to-use, confidential screening tool allows individuals and families to find out which federal and state government benefits they may be eligible to receive.

### FLORIDA

#### **Children's Medical Services**

850-245-4444, [www.cms-](http://www.cms-kids/CMSNTransition.htm)

[kids/CMSNTransition.htm](http://www.cms-kids/CMSNTransition.htm)

Health care transition information and resources are listed on the Florida CMS Web site.

#### **Florida Public Guardianship Office**

850-414-2000

<http://elderaffairs.state.fl.us/doea/english/public.html>

Provides guardianship services to persons who cannot afford a private guardian.

#### **The Advocacy Center**

800-342-0823, 800-346-4127 (TDD)

[www.advocacycenter.org](http://www.advocacycenter.org)

Protection and advocacy organization for individuals with disabilities.

#### **Clearinghouse on Disability Information,**

877-232-4986 (Toll Free Voice/TTY),

[www.abilityforum.com](http://www.abilityforum.com)

Statewide listing of information and resources for persons with disabilities or long-term illness.

#### **Florida Agency for Health Care Administration**

888-419-3456, [www.fdhc.state.fl.us](http://www.fdhc.state.fl.us),

Information, questions, office locations, and eligibility guidelines for Medicaid. Health care advance directive forms can be downloaded from the Web site.

#### **Florida Agency for Persons with Disabilities**

(formerly Developmental Disabilities Program)

<http://apd.myflorida.com>

Assists people with developmental disabilities and their families to secure supports and services.

#### **Family Care Council**

850-414-6558 (State APD liaison office)

[www.fccflorida.org](http://www.fccflorida.org)

Provides information and outreach to developmentally disabled self-advocates and families.

#### **Family Network on Disabilities of Florida**

[www.fndfl.org/](http://www.fndfl.org/)

Statewide family support and disability resource network.

#### **Florida Institute for Family Involvement**

Toll Free 877-926-3514, [www.fifionline.org](http://www.fifionline.org),

Family-to-Family Health Information and Education Center assists families of children with special health care needs navigate health systems in their communities and state.

#### **Florida Developmental Disabilities Council**

800-580-7801, [www.fddc.org](http://www.fddc.org)

Assists persons with disabilities in Florida by planning and funding research, innovations, and programs designed to improve the quality of their lives.

## DOCTOR'S REGISTRATION FORM

Directions: Fill out this sample doctor's registration form. *Use case study information only (rather than your personal information) when completing this form as a classroom activity.*

Date _____			
Full name _____		Birth date _____ Marital status _____	
Home address _____		Zip _____ Home phone _____	
Occupation _____		Employer _____ Social security no. _____	
Business address _____		Zip _____ Work phone _____	
Name of spouse _____		Occupation _____ Employer _____	
Medical insurance company _____		Policy no. _____	
Referred by _____		Previous doctor _____	
In case of emergency, contact _____		Phone no. _____	

<u>Medical History</u>	<b>YES</b>	<b>NO</b>
1. Have you ever been hospitalized, had major operation, or had serious illness? .....	___	___
If so, explain _____		
2. Are you under any medical treatment now? .....	___	___
3. Have you had any allergic reaction to any drug, including penicillin, codeine, novocaine, aspirin? .....	___	___
4. Has there been a change in your health in the past year? .....	___	___
5. Have you ever had a blood transfusion? .....	___	___
6. Have you ever had kidney dialysis treatment? .....	___	___
7. Have you ever had abnormal bleeding problems after a cot or tooth extraction? .....	___	___
8. Are you now taking drugs or medications? .....	___	___
If so, what? _____		
9. Has a physician ever informed you that you had:		
	<b>YES</b>	<b>NO</b>
Heart Condition.....	___	___
High blood pressure.....	___	___
Rheumatic fever .....	___	___
Thyroid Problems.....	___	___
Stroke .....	___	___
Kidney Disease.....	___	___
Hemophilia .....	___	___
Asthma .....	___	___
Hepatitis .....	___	___
Cancer.....	___	___
Liver disease .....	___	___
Sexually Transmitted Disease...	___	___
AIDS or HIV .....	___	___
Stomach or intestinal disease...	___	___
Tumors or growths .....	___	___
Diabetes .....	___	___
Tuberculosis .....	___	___
Respiratory disease.....	___	___
Epilepsy/Seizures.....	___	___
Eye Problems.....	___	___
Hearing Impairment .....	___	___

10. Women: Are you pregnant? Estimated date of delivery? _____	<b><i>For Office Use Only.</i></b>  Medical History summary:   Blood pressure:
11. Do you smoke? _____ (Packs/day _____ Number of years _____)	
12. Do you use alcohol or recreational drugs? _____ (Frequency _____ Number of years _____)	

Signature _____	
Date _____	

## COMMUNICATIONS CHECKLIST

Directions: Role play going to the doctor. Fill out this checklist as if you were a patient, then take turns with other students switching from doctor to patient. *Use case study information only (rather than your personal information) during this classroom activity.*

<b>Health Information</b>	<b>This is important information to share with the doctor.</b>
I have gained a lot of weight lately.	
I have lost a lot of weight lately.	
I want to sleep most of the time.	
I have trouble sleeping.	
I have trouble remembering to take my medicine.	
I forget to take my medicine at the right time.	
I feel depressed or sad a lot of the time.	
I feel nervous or anxious a lot of the time.	
I have lots of headaches.	
My back really bothers me.	
My eyes water and I sneeze a lot.	
I sometimes have trouble breathing.	
My stomach hurts a lot.	
I am always really thirsty.	
I have trouble going to the bathroom.	
I seem to drink too much beer, wine, or alcohol.	
I want to quit smoking.	
I seem to be sick quite a lot.	
Other information you want to share:	

## YOUR INSURANCE INFORMATION

*\* Use case study information only when completing this form as a classroom activity.*

Insurance Company \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Person's ID #: \_\_\_\_\_

Group Policy #: \_\_\_\_\_

Insured's Name: \_\_\_\_\_

Social Security #: \_\_\_\_\_

Employed by: \_\_\_\_\_

Work Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_

### Policy Benefits:

Per person deductible: \$ \_\_\_\_\_

Family deductible: \$ \_\_\_\_\_

Doctor visit co-pay: \$ \_\_\_\_\_

Hospital co-pay: \$ \_\_\_\_\_

Emergency room co-pay: \$ \_\_\_\_\_

Preauthorization required for: (list ct scans, x-rays, MRIs, scheduled hospital visits, etc):

\_\_\_\_\_  
\_\_\_\_\_

Phone number for authorizations: Tests ( ) \_\_\_\_\_

Hospital ( ) \_\_\_\_\_

Emergency Rooms benefits:

Deductible \$ \_\_\_\_\_

Prescription Coverage:

Generic \$ \_\_\_\_\_ Brand name \$ \_\_\_\_\_

Non-formulary \$ \_\_\_\_\_

## MEDICAL APPOINTMENT LOG

*\* Use case study information only when completing this form as a classroom activity.*

Date	Appointment With:	
	Questions: 1: 2: 3:	<input type="checkbox"/> change in medications <input type="checkbox"/> change in treatment <input type="checkbox"/> other change
	What happened:	
Date	Appointment With:	
	Questions: 1: 2: 3:	<input type="checkbox"/> change in medications <input type="checkbox"/> change in treatment <input type="checkbox"/> other change
	What happened:	
Date	Appointment With:	
	Questions: 1: 2: 3:	<input type="checkbox"/> change in medications <input type="checkbox"/> change in treatment <input type="checkbox"/> other change
	What happened:	

## MEDICAL HISTORY: ADDITIONAL INFORMATION

*\* Use case study information only when completing this form as a classroom activity.*

Directions: Fill in any other important medical information that is not included on the doctor's registration form (sample) that you completed for Lesson 4.

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## IMMUNIZATIONS

When planning to travel outside the U.S., check with your physician to determine what immunizations are necessary.

Date	Item	Date	Item
	Hepatitis B		Polio
	Influenza		Smallpox
	Mumps		Rubella
	Measles		Typhoid
	Pneumonia		Tetanus/Diphtheria
	Tuberculosis		Other

## DEVICES AND PROSTHESES

(such as artificial joints)

Date	Item	Date	Item	

## EYE INFORMATION

(prescription glasses, contact lenses)

	Sphere	Cylinder	Axis	Prism	Base
Right Eye (OD)					
Left Eye (OS)					

Add:

Base Curve:

Other:

Name of Physician:

Phone

## IMPORTANT HEALTHCARE DOCUMENTS

(such as Power of Attorney, Healthcare Surrogate, Living Will, Donor Card)

Document	Date Signed	Where Filed

## MEDICAL HISTORY: FAMILY HISTORY

It is important for everyone to know what types of diseases or medical conditions run in their families. Have your parent or guardian help you complete this form for your Health Journal. *However, use case study information only when completing this form as a classroom activity.*

Medical Condition	Mother	Father	Maternal Grandmother	Maternal Grandfather	Paternal Grandmother	Paternal Grandfather
Birthplace						
Occupation						
Alcoholism						
Allergies						
Blood/Circulation						
Depression						
Cancer						
Diabetes						
Digestive System						
Drug Sensitivities						
Eye Disorder						
Heart Disease						
Hearing Disorder						
Hypertension						
Kidney Stones						
Liver Disorder						
Musculoskeletal						
Reproductive System						
Respiratory System						
Stroke						
Urinary/Prostate						
Major Surgery						
Alzheimer's Disease						
Age/Cause of Death						
Other						



## MEDICATIONS

*\* Use case study information only when completing this form as a classroom activity.*

### Questions to Ask:

- What is the name of the medicine?
- Is there a generic available?
- Why am I taking this medicine?
- If I forget to take it, what should I do?
- Is it safe to drink alcohol with it?
- Should I avoid any other medicines, dietary supplements, drinks, food or activities while using this drug?
- When should I notice a difference or improvement? When should I report back?
- Can this medicine be used safely with all my other medications?
- What do I do if a side effect occurs?
- How and where do I store this medicine?
- Where and how can I get written information about this medicine?

### Record of Over-the -Counter Medicines I Take

Check boxes for the ones I use:

<input type="checkbox"/>	Aspirin or other pain/headache/fever medicine	<input type="checkbox"/>	Laxatives
<input type="checkbox"/>	Allergy medicine	<input type="checkbox"/>	Sleeping pills
<input type="checkbox"/>	Antacids	<input type="checkbox"/>	Vitamins
<input type="checkbox"/>	Cold medicine	<input type="checkbox"/>	Herbals
<input type="checkbox"/>	Diet pills/Supplements	<input type="checkbox"/>	Others _____
			_____

### List of My Prescription Medicines

Date	Name of My Medicine	How Much I Take	When I Take It	What I Use It For	Refills

## EMERGENCY CONTACTS AND HEALTH CARE PROVIDERS

*\* Use case study information only when completing this form as a classroom activity.*

Date	Type of Provider	Name	Address	Phone number
	Primary Care Physician			
	Dentist			
	Pharmacist			
	Hospital			

### Other Emergency Contacts:
