



<http://depts.washington.edu/healthtr/>

Health Promotion and Health Decisions: Considerations for the IEP Team

Transition teams should make sure they are promoting health literacy and independence in self-care for youth with disabilities or special health care needs.

- Good health is the foundation for success in education, work and leisure.
- Poor health interferes with self-determination and independence.
- Having a disability should not necessarily mean having poor health!!

Teens should be supported to begin managing their own health and medical care to the extent of their ability. For example:

- Eating a healthy diet and being active.
- Working toward independence in personal hygiene, including hand-washing, tooth-brushing, menstrual care.
- Talking directly with the health care provider to describe health concerns and get advice.
- Planning and making the transition to a primary health care provider that is not a pediatrician.
- Making and keeping appointments, filling prescriptions.
- Recognizing signs of illness and knowing how to get help.
- Learning about their health condition and its treatment.
- Managing their medications and treatments and knowing about possible warning signs.

Strategies

- A health history summary that the youth and family create together
- A thumbnail health summary of one or two pages to share with job coaches or new health care providers, if needed.
- A Health Skills checklist to monitor progress.
- Web-based resources (see <http://depts.washington.edu/healthtr/>)