THE

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CONGRATULATIONS!

FROM YOUR FRIENDS AT OCŞHCN
what next?
You're going to college... here's some questions to ask.
MANAGING YOUR HEALTH

• Can you explain your health condition or disability to others?
• Can you provide accurate information about your health condition or disability?
• Can you tell when there are changes in your health condition?
• Do you know symptoms that need urgent attention?
• Do you have an emergency plan?
• Do you know the names and contact information for your health care providers?
• Do you carry a portable medical summary?
• Do you schedule your own health appointments?
• Do you make a list of questions before your appointments?
• Can you fill out medical history forms, including a list of medications and allergies?
• Do you answer questions asked by your doctor, nurse, or other medical professional?
MANAGING YOUR HEALTH

- Do you see your doctor and other healthcare professionals alone for at least part of each visit?
- Do you co-sign the permission for medical treatment form or direct others to do it for you?
- Do you prepare and take your medications or know how to direct others?
- Do you know what your medications and treatments are for?
- Do you know the side effects and possible interactions of your medications?
- Do you refill your own prescriptions?
- Do you do your own treatments or know how to direct others?
- Do you monitor and maintain your medical equipment?
- Do you order your own medical supplies?
- Do you help to keep copies of your medical records and bills?
- Do you carry a copy of your insurance card?
- Do you know what your health insurance covers?
- Do you have a plan for health insurance and adult care once you turn 18?
HOW TO
BE RESPONSIBLE FOR YOUR OWN HEALTH CARE NEEDS AS A YOUNG ADULT

**STEP 01**
Understand your diagnosis and be able to explain it. Also understand what medication you take and what it treats.

**STEP 02**
Know the danger signs of your condition and when to seek medical help. Have an emergency plan.

**STEP 03**
Learn how to communicate with your doctor how you’re doing and how to answer any questions they may ask you.

**STEP 04**
Know the name of any medication you are prescribed and the possible side effects. Know when to take it and why.

**STEP 05**
Be responsible for taking your medication as prescribed, contacting your pharmacy or doctor for refills, following up on any doctor visits, and for taking care of any medical equipment you have.

https://chfs.ky.gov/agencies/ccshcn/Pages/default.aspx
ON CAMPUS RESOURCES
KENTUCKY PUBLIC UNIVERSITIES

MURRAY STATE UNIVERSITY
Office of Student Disability Services
(270) 809-2018

EASTERN KENTUCKY UNIVERSITY
Center for Student Accessibility
(859) 622-2933.

NORTHERN KENTUCKY UNIVERSITY
Disability Programs and Services
(859) 572-5282

UNIVERSITY OF LOUISVILLE
Disability Resource Center
(502) 852-6938

UNIVERSITY OF KENTUCKY
Disability Resource Center
(859) 257-2754

WKU
Student Accessibility Resource Center
(270) 745-5004

MOREHEAD STATE UNIVERSITY
Disability Services
(606) 783-5188
KCTCS
https://kctcs.edu/current-students/academic-resources/disability-services.aspx

ASHLAND
(606) 326-2051

BIG SANDY
(606) 886-7359

BLUEGRASS
DANVILLE, LAWRENCEBURG, LEESTOWN, AND GEORGETOWN
(859) 246-6753

BLUEGRASS
COOPER, NEWTOWN AND WINCHESTER
(859) 246-6535

ELIZABETHTOWN
(270) 706-8455

GATEWAY
(859) 815-7631
(859) 442-1606

HAZARD
(606) 487-3486

HOPKINSVILLE
(270) 707-3801

JEFFERSON
DEAF & HARD OF HEARING STUDENT SERVICES
Office: (502) 213-4218
Video: (502) 416-0489
<table>
<thead>
<tr>
<th>Campus</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Maysville Rowan</td>
<td>(606) 783-1538 ext 66327</td>
</tr>
<tr>
<td>Owensboro</td>
<td>(270) 686-4530</td>
</tr>
<tr>
<td>Somerset</td>
<td>(606) 451-6706</td>
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<tr>
<td>Southcentral</td>
<td>(270) 901-1242</td>
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<tr>
<td>Southeast Harlan</td>
<td>(606) 573-1506</td>
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<tr>
<td>Southeast Middlesboro and Pineville</td>
<td>(606) 248-0257</td>
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<tr>
<td>Southeast Whitesburg</td>
<td>(606) 633-0279</td>
</tr>
<tr>
<td>Western</td>
<td>(270) 534-3334</td>
</tr>
</tbody>
</table>

**Campuses:** 
- Jefferson Downtown, Technical, and Carrollton Campuses: (502) 213-2375
- Jefferson Southwest, Shelby, and Bullitt Campuses: (502) 213-7120
- Madisonville: (270) 824-1708
- Maysville Licking Valley: (859) 234-8626 ext 66410
- Maysville Montgomery: (859) 499-6282 ext 66505