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**CONGRATULATIONS!** 

FROM YOUR FRIENDS AT OCSHCN



YOU'RE GOING TO COLLEGE...

HERE'S SOME QUESTIONS TO ASK

### MANAGING YOUR HEALTH

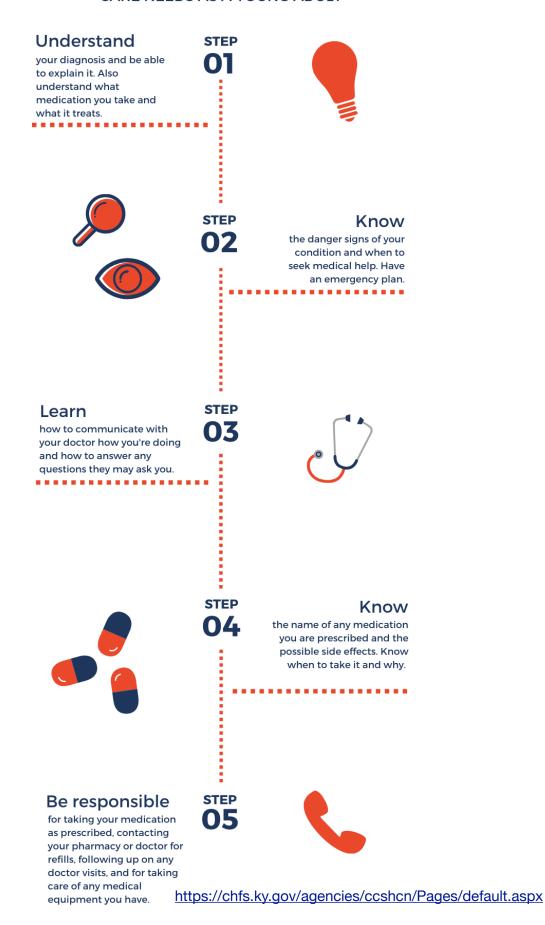
- Can you explain your health condition or disability to others?
- Can you provide accurate information about your health condition or disability?
- Can you tell when there are changes in your health condition?
- Do you know symptoms that need urgent attention?
- Do you have an emergency plan?
- Do you 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



# more info

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 LOUSIVILLE

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

# more info

ON KCTCS DISABILITY SERVICES

#### **KCTCS**

https://kctcs.edu/currentstudents/academicresources/disabilityservices.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

# more info

ON KCTCS RESOURCES

**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

MAYSVILLE ROWAN

(606) 783-1538 ext 66327

**OWENSBORO** 

(270) 686 - 4530

SOMERSET

(606) 451-6706

SOUTHCENTRAL

(270) 901-1242

SOUTHEAST

HARLAN

(606) 573-1506

SOUTHEAST

MIDDLESBORO AND PINEVILLE

(606) 248 - 0257

SOUTHEAST

WHITESBURG

(606) 633-0279

WESTERN

(270) 534 - 3334