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WAS WORTH THE
hassle



CONGRATULATIONS!

FROM YOUR FRIENDS AT OCSHCN



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

Understand

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

STEP 01



STEP 02

Know

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

Learn

how to communicate with your doctor how you're doing and how to answer any questions they may ask you.

STEP 03



STEP 04

Know

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



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.

STEP 05



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 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

more info

ON KCTCS DISABILITY SERVICES

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

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