

# Health Care Community Supports: You Can Count on Us!

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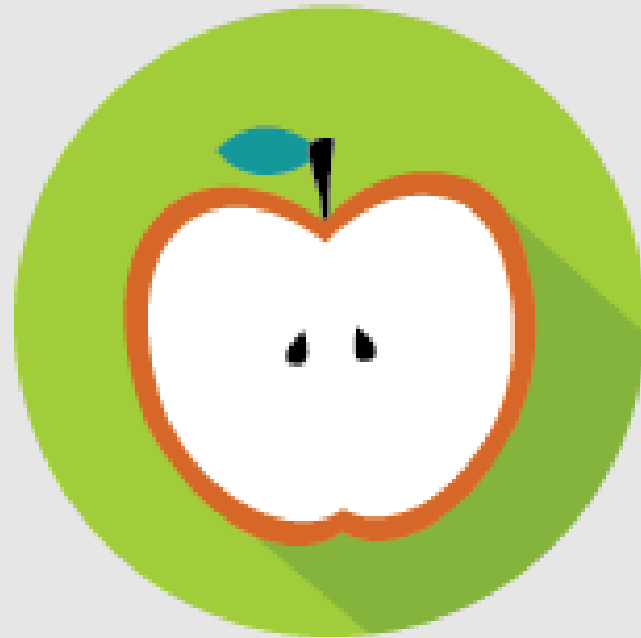
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Children and Youth with Special Health Care Needs



# Health Care is about YOU!

- Physical

- Mental

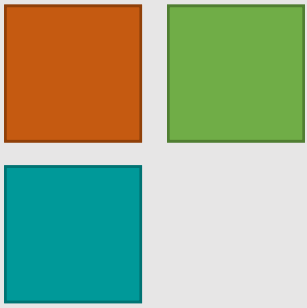




# Physical Health

- Eating
  - More calories in than out=more of us (can be unhealthy)
- Exercise
  - Blood flow
  - Muscle building
  - Keep it all together
  - Mental health





# Mental Health

World Health Organization: *"subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others."*



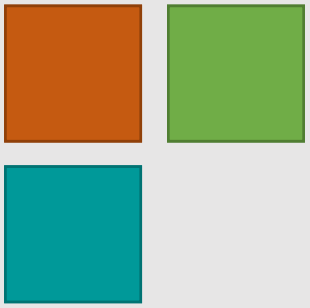


# Mental Health

Keeping in balance

- Emotions
- Mind
- Relationships
- Spirituality





# What does that have to do with Transition?

YOU need to be know:

- What does my body feel like “healthy”?
- How can I explain to my doctor how “healthy” feels?
- What does my body feel like “not well”?
- How can explain what my body feels like when it is “not well”?
- When do I feel emotionally/mentally balanced?
- What do I do to keep balanced?
- How am I going to keep doing things in adulthood?



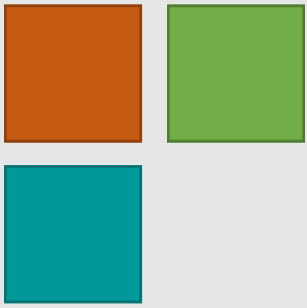


# How do YOU talk about YOU and to WHOM?

Know YOUR

- Strengths
- Likes
- Dislikes
- Limitations
- Part of who YOU are!





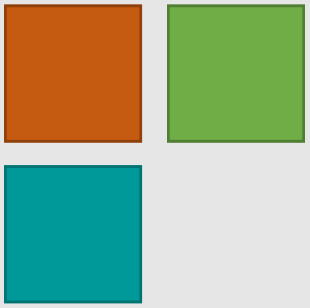
# Why talk about YOU?



- IDEA has gone away for you!
- ADA—accommodations and supports
- Disclosure
  - Who, when, how, what
  - College
  - Work







# Keeping YOU Healthy

Utilizing health care

- Who's your doctor?
- How do you pay?



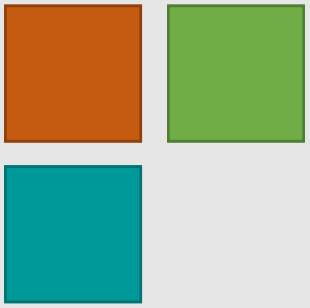


# Insurance coverage

You are legally responsible to have insurance

- How are you going to get insurance?
- Work-based
- Private insurance
- Public benefits
  - Turn 18 and under 100% FPL—BadgerCare Plus?
  - SSI?

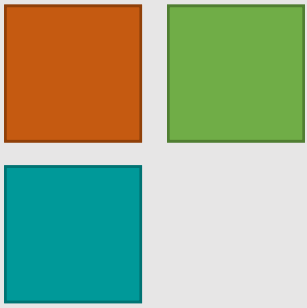




# How do you use insurance?

- Covered benefits—know your plan
- Co-pay
- Deductibles
- Co-insurance
- Where do go for help?
- Ask questions to get answers!





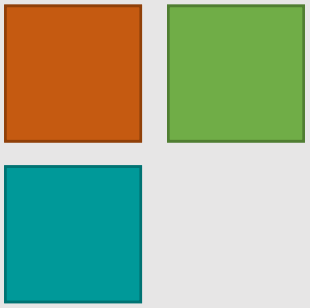
# YOU make your decisions!

Supported Decision Making is a way of life for EVERYONE!

Who can help you make decisions?

- Family
- Professionals (Financial, spiritual, dietary, etc.)
- Counselors
- Google it?
- Others that have gone through it
- Friends

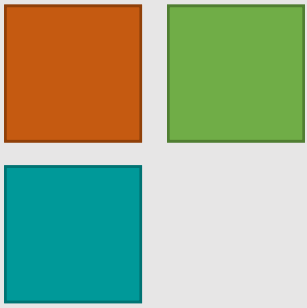




# Friends—what do YOU like to do?

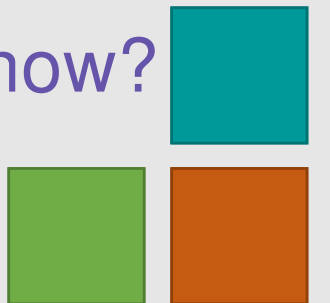
- Watch shows (do you see yourself on any shows?)
- Games
- Recreation
- Movies
- Clubs
- Food





# Alas—our friends don't know everything!

- Regional Centers
- ADRCs
- DVR
- Doctors
- Disability Services at college
- Community Services
- 211
- Places of worship
- Benefits counselors
- Case managers
- Independent Living
- Bus company
- Taxi company
- Business organizations
- Public Health
- What do YOU need to know?





**Transition is about YOUR life!**

**Live your life!**

**Live your life out loud!**





# Thank you!

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