



10 Ways to Make Your Health Care Choices Count

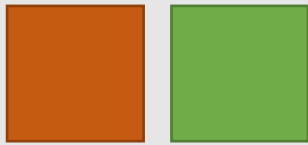
Taking the Lead on Your Health Care

Maia Stitt, MS

Youth Health Transition Coordinator

Waisman Center

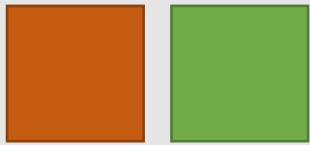




Staying Healthy means success...

- At school
- In your day-to-day living
- Your future





Understanding your health and Your Health Choices

- Allows you to make decisions about the care you receive and from who
- Get help when you need it
- Get care appropriate for you





10 things you can do Right now!





10



Make a Health Summary





9

Check Your Health Skills

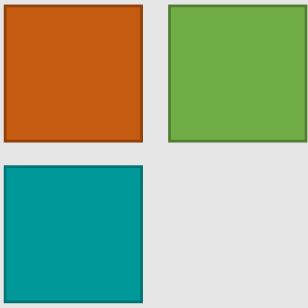




8

Create a Transition Plan





7



Start a conversation





6



Healthy Mind & Body



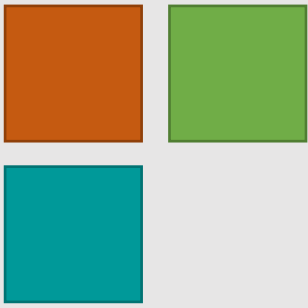


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Understand your needs
(Self-Advocacy)





4

Other Considerations





3

Health Insurance Coverage





2

Decision Making





1



Who can you call?





Why would you do this?

Health affects everything!

- Education
- Employment
- Recreational Activities
- Community Living, and ...
- Your Future Health



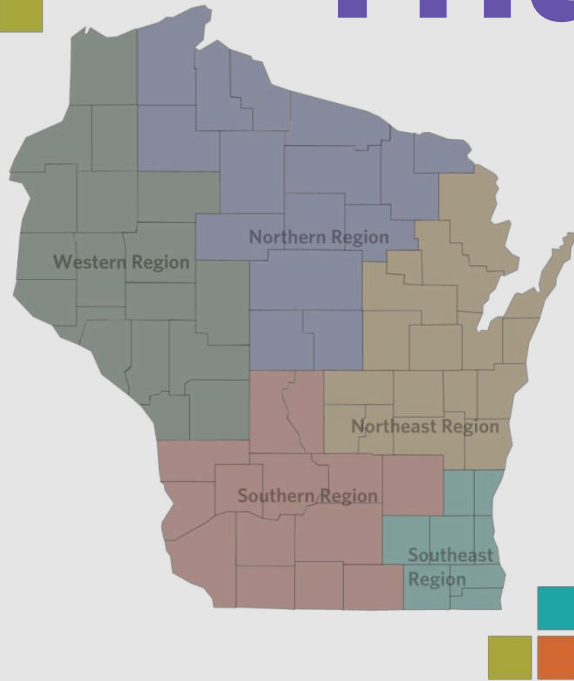


Most Important?

Start Early!



Thank you!



Maia Stitt, MS

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Waisman Center

Maia.Stitt@wisc.edu

