Pathways to Adulthood: Health Care Self-Management
Electronic Resource List

1. **www.floridahats.org**: Florida Health and Transition Services, an initiative of the Florida Department of Health, Children's Medical Services. Provides a clearinghouse of information for Florida residents with developmental disabilities or other special health care needs, about accessing adult-oriented health care and acquiring self-management skills.

2. **http://hscj.ufl.edu/jaxhats:** This web site for JaxHATS, a medical home for medically complex teens and young adults in Jacksonville, FL, provides many tools and resources for health care management, including self-care instructional videos.

3. **http://flfcic.fmhi.usf.edu:** Florida Center for Inclusive Communities at USF. Click on Health Resources tab for Health Series Factsheets, My Health Passport, and other materials.

4. **www.HealthyTransitionsNY.org:** Teaches skills and provides tools for care coordination, keeping a health summary, and setting priorities during the transition process. It features video vignettes that demonstrate health transition skills and interactive tools.

5. **www.ahrq.gov/legacy/questions/qb**: An interactive website that allows you to electronically create a list of questions to take to medical appointments.

6. **www.npsf.org/for-healthcare-professionals/programs/ask-me-3:** "Ask Me 3" initiative of the National Patient Safety Foundation, with video.

7. **www.acipscotland.org.uk/7-Millar.pdf**: Simple photo and video apps to support communication, by Sally Millar.

8. **www.Senteacher.org**: Create and print AAC cards/sheets from templates.

9. **http://disabilities.temple.edu/aacvocabulary/e4all.shtml**: Vocabularies that individuals who use augmentative and alternative communication (AAC) and their families need to participate in socially-valued adult roles.

10. **www.freedomscientific.com/jaws-hq.asp**: Jaws for Windows is a powerful accessibility solution that reads information on your screen using synthesized speech.

11. **www.DeafMD.org**: Uses ASL to promote wellness of the Deaf and Hard of Hearing communities; provides explanations of medical tests, diseases, where to find a doctor.

12. **www.apple.com/accessibility/:** Information about the many accessible features built into Apple's products; click on "Special Education" for specifics.

13. **www.rjcooper.com**: Site devoted to adaptations and modifications of special software and hardware products

14. **www.faast.org**: Florida Alliance for Assistive Technology and Service. Apps to Increase Independence. See PowerPoint presentation, shttp://www.floridahats.org/wp-content/uploads/2010/03/FAAST-Apps-Presentation-2014.pdf