Module 7: Health Care Skill Development

Learning Objectives

- List specific steps for making a health care transition plan
- Use the FloridaHATS tools with students, parents, and colleagues
- Identify health care activities and tasks for students’ IHPs/504s/IEPs

Health Care Skill Development: Significance
Expectations for Health Care Skill Development

- Understand and describe medical condition
- Relay medical history
- Communicate with medical providers
- Complete health management tasks

YSHCN and Health Care Skills Building

- Communication
- Routine Tasks
- Emergencies

Health Care Skills: Significance for Students
The Transition Process: Skill Development

1. Envisioning a Future
2. Basic Knowledge
3. Health Care Practices
4. Medications & Equipment
5. Doctor Visits
6. Health Care Transition
7. Transition to Adulthood
8. Health Care Systems

Transition Services in IEPs

- Instruction
- Community experiences
- Develop employment objectives
- Daily living skills
- Managing medications and equipment
- Self-care skills
Major Life Activities & 504 Plans

- Caring for oneself
- Performing manual tasks
- Walking
- Seeing
- Hearing
- Speaking
- Breathing
- Learning
- Working

HCT Activities = IHP Activities

- Addresses health needs
- Develops health skills
- Focus on health care transition during adolescence

Step 1: Review Assessment Results
Step 2: Identify Gaps & Needs

Planning Guide Worksheets

- Thinking About Your Future
- Health Care Independence
- Parental Health Care Transition Activities
- Health Care Transition Plan

Step 3: Make a Plan
Integrate with IEP Transition Plan

Integrate with 504 Plan

Integrate with IHP
Step 4: Carrying Out the Plan

Partners for HCT in Student Plan
- CMS Plan staff
- Primary Care Pediatrician
  - And care coordinators
- Child-focused Specialists
- OT/PT/Speech

Step 5: Checking In
- Follow-up
- Re-assess with each new IHP/504/IEP
- Make new goals
- Adjust activities
Interactive Question

How do steps 1-5 match the IEP process? The Section 504 process? IHPs?

Health Care Skill Development: Activities & Tasks

The Transition Process: Activities

1. Envisioning a Future

2. Basic Knowledge

3. Health Care Practices

4. Medications & Equipment

5. Doctor Visits

6. Health Care Transition

7. Transition to Adulthood

8. Health Care Systems
Gradual Release of Responsibility

- First we do it for you
- Then we do it with you
- Then we watch you do it
- Then you do it completely independently

Discuss Medical Tests

- Supports communication:
  - Multiple physicians
  - Insurance

Directing Personal Care

- Rehearse directing others
- Communicate needs & instructions
- Center for Independent Living
Medication Management
- Carry a medication list
- Expected effects
- Names, dosages, and schedule
- Potential side effects
- What each medication treats
- Filling prescriptions
- Insurance approval

Medical Equipment
- Use
- Maintenance
- Ordering
- Insurance approval

Doctor Visits
- Fosters independence
- Confidential interaction
- Change tasks throughout transition plans
Medical Journal
- Emergency summary page
- Providers’ contact information
- Medications
- Allergies
- Medical history
- Current treatments
- Additional health information
- Questions for next medical visit

Health Care Transition Summary

E-Summaries
- Electronic Medical Record: Patient portal
- Cell phone tools
- Downloadable apps
Downloadable Apps

- My Medical
  - http://www.mymedicalapp.com

- My Med Schedule
  - https://secure.medactionplan.com/mymedschedule/transplantexperience/

Transferable Skills

- Call pharmacy for prescription refill
- Describe chronic condition to a new provider
- Complete insurance forms

Interactive Questions

How do these skills compare to the communication skills, employment, and post-secondary prep skills that you typically include in transition plans?
Patient Self-Management Booklets

- **Since You're Not a Kid Any More**
  - Ages 12 – 14, Envisioning a Future

- **Now That You're in High School**
  - Ages 15 -17, Age of Responsibility

- **When You're 18, You're in Charge of Your Health**
  - Ages 18+, Age of Transition

Since You're Not a Kid Anymore
Now That You’re in High School

When You’re 18, You’re in Charge

Booklet Features

- Material for YSHCN
- Health care terms and definitions
- Staying healthy
- Increasing responsibility
Booklet Activities

- Independent living
- Condition management
- Visit planning
- Self-advocacy

RESOURCE: My Health Care Curriculum

- Students with intellectual or developmental disabilities (ID/DD)
- 22 hours of classroom instruction
- Health literacy, communications and self-management skills

My Health Care Curriculum

- Use the GLADD approach
  - Give information
  - Listen and learn
  - Ask questions
  - Decide on a plan
  - Do your part

- Accessible through Florida Department of Education’s CPALMS and Florida Developmental Disabilities Council
RESOURCE: What’s HEALTH Got to Do with TRANSITION?

- What does it mean to be IEP
- What is guardianship and do I need it?
- What insurance do I need?
- How do I find an adult doctor?
- How do I take medications safely?
- What should I do in a medical emergency?
- What can I do to protect myself?

What’s HEALTH Got to Do with TRANSITION? Curriculum

- ESE and general education students
- 40 hours of classroom instruction
- Self-advocacy, decision-making and self-management skills

Joe’s IEP

- Envisioning a Future
- Age of Responsibility
- Age of Transition
  - Early
  - Late
Jane's 504 Plan

- Envisioning a Future
- Age of Responsibility
- Age of Transition
  - Early
  - Late

Health Care Skill Development: Resources
Health Goals and IEPs

Key Points

- Include health care skills when creating IHPs/504s/IEPs
- Address 1-3 skills
- Tailor tools & activities to individual needs
- Review and update at annual meetings
Summary of Tools for Self-Management


