



YEAH! Council

Youth Educating Adults on Healthcare Youth Advisory Council

Fall 2009

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There are many tools out there to help make the transition easier—we would like to highlight one that a member of our council found helpful. We hope you will find it useful!

For information on how to join our council, or to be put on the mailing list—please contact us at:

Yeahcouncil
@yahoo.com

or

1-800-852-3345

ex 4525

My Health Passport

The transition from pediatric care, with its own distinct culture and ways of doing things, into the adult health-care system can be a challenge for teens and their families. Our goal is to prepare all youth with chronic health conditions to have the necessary skills and knowledge to advocate for themselves (or through others), maintain health-promoting behaviors and utilize adult health-care services appropriately and successfully.

MyHealth Passport is a wallet sized card that lists a person's medical conditions, past procedures/treatments, medications, allergies, and other health issues.

When you go to the MyHealth Passport site, you can choose from a list of 27 conditions, if yours isn't listed, choose the generic passport.

Personal information can be entered and printed. The teen (or adult--anyone can use it) decides what information to put in, but should create the Passport with a health care provider who can provide them with accurate information. Adolescents are encouraged to carry the passport with them at all times and present it to providers when needed. In addition to a printed copy, you can also email it to yourself to have an electronic version

Access [MyHealth Passport](http://www.sickkids.on.ca/myhealthpassport/) online at <http://www.sickkids.on.ca/myhealthpassport/>

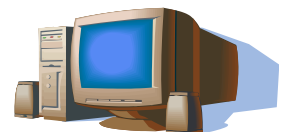
“Zach filled this out a couple of years ago and printed it off to carry around in his wallet to help him remember what the 15 different surgeries he has had and when he had them. As well as what his medications are and their doses. This is such a great tool to use to put all that information in one place and it is small enough to fit in your wallet- We felt the neatest part was they had so many different health conditions listed and the modern surgeries/ medical procedures that go with that diagnosis. All you do is pick from a list, and it fills in the rest. Very accurate information. Such a great tool for any person with a medical condition to utilize, not just a child.”

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Check out our Website!

www.yeah-councilnh.com



YEAH! Council

NHHCTC and YEAH Council's New Project:

Coming Soon!!!!

Meeting Dates:

YEAH -

Second Friday of the

month in the afternoon

NH Health Care

Transition Coalition

Nov. 12th 5-7:30

A group of professionals, families and youth will be launching the "Ticket to Health Care Independence" project for all the pediatric and family practices in NH. The campaign will include colorful posters-"**ASK YOUR DOCTOR FOR YOUR TICKET TO HEALTHCARE INDEPENDENCE**" that can be displayed in exam rooms.

These posters invite young people to ask their providers about transition from pediatric to adult healthcare. Educational materials will be provided to give to parents and youth as well as an info sheet with resources for all office staff and providers. This project is sponsored by Special Medical Services, NH Family Voices, YEAH Council and the NH Health Care Transition Coalition.

Contact us to be sure your office gets the tickets!!!

Who is the YEAH Council?

The YEAH (Youth Educating Adults on Healthcare) Advisory Council thought that it was a useful tool and wanted to share it with other youth with chronic health conditions. The council is made up of: Adam B., Nicole T., Mary D., Zach H., Charles M., Jonathan H., Kalie W., James O. Cordelia W. and Mathew B. and is facilitated by Karin Harvey-Olson. The group comes together monthly to discuss issues involved in what it means to be a young adult with a chronic health condition, and how best to make the transition to the adult healthcare system. Their work to educate other youth on how to handle your transition to adulthood, as well as educating the medical professionals about what they can do to facilitate the transition.

Come and join the YEAH Council on Facebook!

We have an active discussion group featuring members of our council as well as youth, professionals and family members from the Greater New England area who have an interest in living with special health care needs. Come introduce yourself and join in!!

Go to Facebook and search YEAH Council



Our Mission Statement:

We are here to assist you. We are here to help teens and young adults get the information they need to live independently, to live a successful life and make decisions about healthcare, to inform your doctors and physicians about your healthcare and general needs and make information easily accessible to teens who may lack parental guidance. Our purpose is to help the transition from childhood to adulthood, dependence to independence and pediatric medical care to adult medical care go more smoothly.

Save the Date!

November 3, 2009

Transition—it's not just school! Making Healthcare Transition part of your Transition Plan

A conference for those working with youth with special healthcare needs at the Red Blazer in Concord

NH Healthcare Transition Coalition

Made up of parents, professionals and youth, started in 2006 as a project that worked with pediatricians and young people to learn the transition process, including transfer to adult providers. The focus has been to get the word out to youth with special health care needs about the importance of learning to manage their chronic conditions and knowing how to get the health care services they needed. The Coalition is co-sponsored by Special Medical Services and NH Family Voices and was the group that got meetings of YEAH started. It meets quarterly and continues to work to get more information out to families, youth and providers about the best ways to improve transition services. The Coalition provides pamphlets, tools for transition and other resources and supports direct consultation to families and providers through staff at SMS and NH FV. Call 1-800-852-3345 X 4488 for referral to SMS or NHFV

Come Take Our Survey

The NHHCTC has created a survey for young adults age 19-23 who have received services through the Bureau of Special Medical Services. The purpose is to gather information about what your healthcare situation is now that you have graduated from

My name is Kalie and I am an 18 yr. old girl that was born very premature at 26 weeks by emergency c-section.

My mom had a normal healthy pregnancy up until she had a spike in blood pressure issue that was very dangerous for us both, which led to my early delivery.

My diagnosis at 14 months was spastic diplegia, a form of C.P. (cerebral palsy) that makes my muscle tone extremely tight below the waist. This will also offset my balance, and use of some of above the waist area due to the tightness in lower extremities.

I have had physical therapy and occupational therapy for most of my life. I use a walker or forearm crutches to walk, and a chair or scooter for longer distances.

As a teen just turning 18 recently has been difficult for me emotionally to feel that I "fit in" with other teens my age. Most teens my age are dating, driving, and doing every day teen stuff. For me I try to stay involved with friends doing things that I can to the best of my abilities, but it doesn't always feel like I can be as independent as I want to be. I would need a parent or friends assistance at times- which is very frustrating and upsetting to me.

Right at this time I am doing hippotherapy horseback riding (which I do enjoy) and have joined a fitness center for the past few years working on the nautilus machines with a trainer, this has helped me to strengthen my muscles. I am involved with weekly OT for independent life skills to help me move forward.

Sometimes it is so hard for me to "admit" that there are things I just can not do alone and need assistance with. I have found that having a nice social support group helps me to feel part of a team, and have connections to outside social activities. If you have any different ability it is SO important to stay connected with others that understand you that you can talk with, and join social activities. It really has helped me emotionally. Also the computer has been a wonderful connection to friends I have met through the years. I am always open minded to meet new friends all the time, or others with different abilities who may just want to talk, its great for all of us.



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NH Family Voices

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