

Health Self-Management: Transitioning to Adulthood

What is Health Self-Management?

The ability to take care of your medical needs independently.



Scheduling medical appointments



Taking medication properly



Communicating with medical professionals

For young people with disabilities, learning health self-management skills may come with risks and challenges.

What are the risks of not learning health self-management?

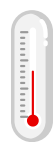
The risks young people with disabilities may experience if they do not take charge of their own medical and health needs are:



Chronic illness



Hospitalization



Poor health

What are the challenges of health self-management?

For young people with disabilities the challenge can be learning the skills that are necessary to be independent and successful in managing their own health and medical needs.



What skills may help with health self-management?

- The ability to manage time, plan, organize, set goals, and "remember to remember".
- The desire to keep trying when faced with a challenge.

What can I do to learn health self-management skills?

Find strategies or tools that may help you stay organized, set goals, and stay motivated to keep trying by using technology.



Technology is the tool that can help!

Technology can be used as a tool to help you stay motivated and support the skills necessary for health self-management.

For more information about how technology can help you develop health self-management skills, visit:

The University of Michigan's
Rehabilitation Engineering Research Center's website:
<https://cdh.medicine.umich.edu/research/cthi/tiktoc-lerc/transition-planning-resources>

For an accessible version of this infographic, visit:

<https://cdh.medicine.umich.edu/health-self-management-infographic>

