

Transition Exercise: Learn and Explain Your Health Condition

What is the name of my diagnosis?

How does this diagnosis affect my body?

How would you share this info with someone else, like a teacher or friend?



Write a letter to explain your diagnosis. What would be important for them to know? Use your answers from above to help you write the letter.

Dear _____:

**Thanks for
understanding. Sincerely,**

Practice writing letters to teachers, friends, relatives or other people in your life who might ask you about your health condition.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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