

GRADUATING TO ADULT CARE

MY SOCIAL SUPPORT

Name: _____

Date: _____



The people who I am currently most comfortable relying on for support about my health condition are:



The people I expect to be sources of support about my health condition in the future are:

For those people who will be important support to me in the future. I would like to become more comfortable doing the following: (Check any that apply)

☐ Mentioning that I have a chronic health condition

☐ Discussing when I am being bothered by symptoms

☐ Discussing my worries about how my health condition could impact my future

☐ Mentioning when I am feeling worried about my current health

☐ Mentioning when a planned activity does not fit with the care plan for my health condition

☐ Asking for assistance in managing my health (e.g. giving me a ride to pick up a prescription)

☐ Asking for support when I am frustrated about my condition

☐ Other: _____

☐ Other: _____

☐ Other: _____

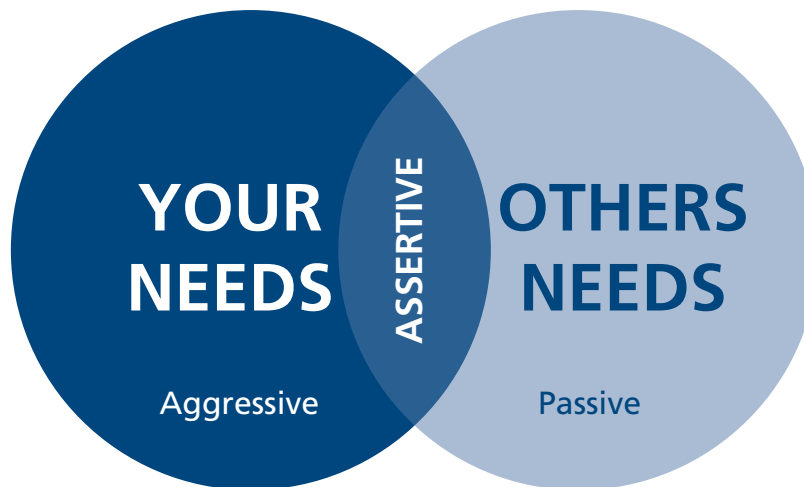
☐ Other: _____

GRADUATING TO ADULT CARE

COMMUNICATING ABOUT MY HEALTH

WHAT DOES IT MEAN TO BE ASSERTIVE?

Being assertive is about communicating what you need with confidence and sensitivity to the needs of others.



STRATEGIES



Be clear about what it is that you would like to achieve through the conversation ahead of time.

- Are you asking for help with something?
- Do you need a chance to share your feelings with the person?



Use "I statements" to communicate specifically what you need.

- "I've been feeling worried about my symptoms and I was hoping I could talk to you about it."
- "I was wondering if you might be able to give me a ride to pick up my prescription."



Try to understand the other person's position and be sensitive to that position.

- "I can see you're in the middle of something right now, but I was wondering if there might be a good time to talk to you about something that's worrying me."
- "I get a sense you have a busy afternoon, but I am wondering if there would there be a time you could give me a ride to pick up my prescription."

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COMMUNICATING ABOUT MY HEALTH



COMMUNICATING WITH FRIENDS AND FAMILY

1

Scenario #1:

You are in the process of moving your care to a new to adult-oriented doctor and have an upcoming clinic appointment with a new physician, Dr. M. Although nervous, you decide to go to the appointment alone. You are unsure about how your mom will feel about not coming with you, since she was accustomed to accompanying you to most appointments. How would you approach your mom to make this request?

2

Scenario #2:

You receive a new medical bill in the mail. Upon examining it, you become frustrated and confused with the information presented. Your father is quite familiar with the family's insurance policy and you decide to approach him to make sense of the invoice. How would you approach your dad to make this request?

3

Scenario #3:

You're getting ready to start college in a new town. You are nervous about the transition and what it means with regards to managing your health condition. You decide to confide in your best friend. How would you initiate this conversation with your friend?

You are also thinking about how to let your new roommate know that you have a medical condition – what would you say to him/ her?

4

Scenario #4:

You are thrilled to be starting a new job but realize that you may need to talk to your boss regarding taking breaks for medication, using the bathroom or snacks. You are not sure whether it is worth talking about it at all and whether you can manage without breaks during the workday. Would you approach your employer? How would you initiate this conversation and request?

5

Scenario #5:

You just started a new anthropology class—one that you have been excited about for a few quarters now. It's a 2 hour class with one rule—no food in class. Halfway through lecture, you realize your blood sugar level is low and that it's hard to concentrate. You really enjoy the class and admire the professor but you're not sure whether or how you should approach him about eating in class or stepping out for breaks. How would you begin this conversation?

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COMMUNICATING ABOUT MY HEALTH



TELLING OTHERS ABOUT MY HEALTH

1. Who might I tell? *My friend, cousin, partner, teacher or professor, play director, boss, roommate...*

Who might I tell?	Why this person?	Pros of telling this person?	Cons of telling this person?	Will I tell this person? If yes, when?
Example: Boss at my new job	I may need to take extra breaks.	She will know that I'm not slacking off when I take breaks.	She may not hire me.	Yes. After I have started working.

2. What can I say?
Who can I practice with?

3. What pictures or tools can I use to help me explain my health condition?

4. How might that person respond? How will I cope with different possible responses?

How do I think the person will respond once I tell him/her?	How will I cope with that response?
Example 1: Calmness, listening, expressing understanding	Thank the person for listening to me.
Example 2: Change the subject or walk away.	Stay calm, take a couple of deep breaths, talk to a good friend, listen to music, try again.
Example 3: Person says no to my request for help or accommodations.	Stay calm, take a couple of deep breaths, talk to a family member of friend and discuss what to do next.