

Transitioning to Adult Care: Care for Your Health in College.

You are going to college and will likely be away from your parents and hometown. You will need to prepare to care for your health while attending college. Below are some suggestions:

Care for your health:

- Keep a list of emergency contacts with you.
- Carry your health insurance card with you.
- Wear a medical ID or enter important health facts to an app on your smart device.
- Decide if you will keep seeing your doctor in your hometown or if you need to find a doctor closer to college.
- Think about how often you need to see your doctor.
- Find out from your old or new doctor office the best way to communicate (for medicine refills, scheduling appointments, and other needs).
- Create a plan for receiving or picking up supplies.
- Learn where the nearest pharmacy is located.

Have an emergency plan:

- Know where the nearest emergency room is located.
- Decide who to call in case of an emergency.
- Check into the college campus Health Services or Campus Clinic to learn what care can be given there.
- Make a plan if you completely run out of medicines or supplies.

Share your medical information with friends, roommate, teachers, or employers:

- Decide who needs to know about your medical condition.
- Think about how much information they need to know.
- Share medical information and emergency contact with your roommate, as needed.
- Share your emergency plan and contacts with trusted friends, teachers, or employers.
- Think about if and how your medical condition will impact school or work.

Plan for accommodations:

- Talk with your doctor about special accommodations, if needed, at college. For example:
 - longer time for tests
 - enlarged print on papers or computers
 - physical access to classrooms and other areas

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- In college, you must self-identify with a disability that requires accommodations before you go to class. This is different from high school where you may have had an Individualized Education Program (IEP) made for you and the school gave you accommodations. You do not need to tell the school about accommodations needed before admission.
 - Sign up with the Office of Disabilities or Auxiliary Services at your school to make your needs known.

Dorm life and dining:

- Check to see if a refrigerator or microwave is allowed in your dorm room.
- Review meal plans to make sure choices meet your food needs.
- Learn how far the dining area is from your dorm, check the dining area hours and see if they offer any after-hours dining.
- Know how far the Health Services or Campus Clinic are from your dorm room. Have a plan on how to get there, if needed.