

Knowledge of Health Insurance and Community Resources



Transition Skills Homework (To be completed between 18-19 years of age)

Skills to be mastered:

1. Understand the type of insurance you have.
2. Apply or reapply for Social Security, if applicable.
3. Be able to identify plan for insurance coverage for the upcoming year.
4. Develop and be able to discuss a plan for your future.
5. Be able to identify accommodation needs for school/work.
6. Be able to identify at least two people to ask for assistance when needed.

Tips for Learning Skills:

Skill: Understand what type of insurance you have

Strategies:

- Review your insurance card and ask your parent/guardian about any questions you have.
- If you do not already, keep a copy of your insurance card with you.

Skill: Know whether you should apply or re-apply for Social Security

Strategies:

- Ask a parents/guardian or social worker/financial counselor about Social Security benefits and if you qualify for them.
- If you do qualify, find a family member or staff to help you fill out paperwork. If someone else plans to complete SSI paperwork for you, ask to be involved in completing the paperwork.
- Learn about SSI benefit at www.socialsecurity.gov.

Skill: Identify plan for insurance coverage for the upcoming year(s)

Strategies:

- Talk to your parent/guardian and financial counselor at Children's Health. Find out if you need to find new insurance coverage or if you must do something to keep your current coverage (e.g. be a full-time college student).
- Ask someone to help you make sure you have ongoing insurance coverage (parents, social worker, and financial counselor).

Skill: Develop and be able to discuss a plan for your future

Strategies:

- Talk to your parent, school counselors, and other helpful people to determine what you will do after you graduate or are no longer in school.

- Learn about scholarships and financial aid if you plan to go to college (www.fafsa.ed.gov).
- If you plan to work, find out how your health may impact your job. Talk to your doctors, nurse, social workers, and other staff.
- If you need help in a job or college search, ask for help.

Skill: Identify any accommodations you may need at school or work

Strategies:

- Talk to your psychologist, child life specialist, and social worker about what you need to be successful in school or work.
- If you will need accommodations, check out information at www.dars.state.tx.us.

Skill: Identify at least two people you can ask for assistance when needed

Strategies:

- Think about at least two people who can be helpful to you when you need them. It's helpful if they can be helpful in different ways (Example: one can help with money; one can be emotional support).
- Talk to these two people and ask if they would be willing to help you become more independent. Discuss what you may need help with.
- Be sure you have contact information for both people.