



Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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KY-SPIN Web

KY-SPIN Youth Webpage

AGE 12-13
Learning Phase

- Learn about and practice Self Advocacy
- Ask what ages your doctor will care for
- Identify Health Conditions, Medications and Allergies
- Learn to ask your doctor questions

www.ky-spin.com (800) 525-7746

Healthcare Video

<https://youtu.be/GeRrB46QThM>

Get the Scoop on Healthcare



Many things change when you turn 18, one of the big things is your healthcare. Making your own appointments, keeping track of your medicines and monitoring your own personal care is a lot of responsibility. The good news is you can start practicing early. Watch Nick as he talks about some of the things you can start doing now to be ready for the big switch.

Steps to Making a Doctor Appointment

- 01 Gather all your information**
 - Schedule your appointment
 - Insurance card
 - Current list of medicines
- 02 Make the call**
 - Call your doctor's office
 - Explain why you need the appointment
- 03 Listen Carefully**
 - Ask questions about the appointment
 - Ask questions about the appointment
 - Ask questions about the appointment
- 04 Ask Questions**
 - Ask questions about the appointment
 - Ask questions about the appointment
 - Ask questions about the appointment

www.ky-spin.com

Got Transitions is a website that is entirely focused on Healthcare Transitioning. Everything you need to know about how to make the switch from **pediatric** medicine to **adult** medicine is on this website. Check out their tool kits for teens and parents

YOUTH & YOUNG ADULTS

Transitioning to adult health care is a big step in your life. Got Transition has tools and resources for you to help make it a smooth process.

[LEARN MORE](#)

One of the first things you can do when starting to take control of your personal health is learning how to schedule your own

Urgent Medical Information

My Medications

My Medical History

Personal Care Information

My Emergency Contacts

Knowing all the answers is not always easy, especially when you are in an emergency situation. Take some time and complete

appointments. Click here to access the KY-SPIN guide to making doctor appointments and a script you can use to make the calls like a pro!

Got Transitions

the KY-SPIN Emergency Medical Plan to make it easier for you and your healthcare providers. Have access to the data you need - when you need it most!

CLICK HERE!

Check out [KY-SPIN's Healthcare](#) page for resources

CLICK HERE!



Davis Rodriguez Youth Engagment Coordinator

"I always make sure I go to my appointments prepared. I make a list of questions I need to ask and bring it with me. That way, I know I will not forget anything important."

Nick Carpenter Youth Educator

"One of the things you have to do when you go to any doctor appointment is fill out forms. I make sure I bring My Healthcare Planner with me because it helps me answer all the questions they ask. "



Coming Next Month.....

Jobs, cars, and housing are all really important issues you need to think about when planning your transition. Did you know that planning how you will stay involved in your community is just as important? Join Nick and Davis next month to learn about why community involvement is critical to your future success - and how you can start planning for it now.

If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press "2" for 24/7 bilingual services.
Website: <https://www.samhsa.gov/ddh>

Learn more about us [KY-SPIN Infosheet](#)

REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com

[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here \(https://tinyurl.com/4t2evb59\)](https://tinyurl.com/4t2evb59)



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