

KY-SPIN's Youth eNews 11/29/2025



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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Preparing for Your Healthcare Transition

This short video explains the step-by-step process of moving from pediatric to adult healthcare. It highlights what to expect at each stage—from learning about your health and scheduling your own appointments to choosing an adult provider—so you can feel confident and ready to take charge of your care.



Strong and Healthy: Taking Charge of You

Taking care of your health is more than just doctor visits—it's about feeling confident, learning what your body needs, and knowing how to speak up for yourself. For teens with disabilities, managing healthcare can sometimes feel challenging, but it's also an opportunity to build independence and discover your own strengths. You have the right to understand your health, ask questions, and make choices that help you feel your best.

This month, our newsletter is all about taking control of your healthcare, learning healthy habits, and finding support when you need it. Together, we'll share tips on talking with doctors, keeping track of medications, and recognizing when something doesn't feel right. Remember—your health matters, your choices matter, and you have the power to build a future where you stay strong and healthy.

Kentucky's Exceptional Youth Voices!!!

Question:

I'm 14 and I have a disability. My mom told me that as I get older, I should start talking more to my doctor myself, but I still feel nervous doing that. I don't always know what to say, and sometimes I just nod even if I don't totally understand. I want to feel more comfortable, but I'm not sure how. What should I do?

Answer:

That's such a great question—and you're not alone! Lots of teens feel unsure about talking to their doctor at first, especially when the questions are personal or the words are hard to understand. Start small! You can begin by asking one simple question each visit, like "What does that mean?" or "Can you explain that again?" Practicing little by little helps build your confidence.

Before your next appointment, write down a few questions or things you want to talk about—like how your medicine makes you feel, or something you're worried about. Remember, this is your healthcare, and your doctor wants to help you understand and feel comfortable. Every question you ask is a step toward becoming your own best health advocate!

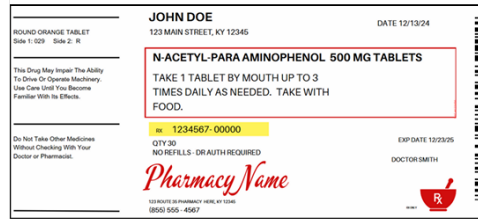


Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

Understanding Your Medication

Good health starts with knowing what you take and why you take it. Learning about your medications helps you stay safe, feel better, and take charge of your own healthcare. Knowing when to take your medicine, what it's for, and how it makes you feel are all important parts of being your own health advocate.

These habits help prevent mistakes, improve communication with doctors, and build your confidence in managing your health — but they require attention, organization, and support from caregivers, pharmacists, and trusted adults who can



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Discuss with your ARC (Admissions and Release Committee) the possibility of adding healthcare-related

HEALTHCARE TRANSITION GOALS FOR THE IEP

You may include functional goals in an IEP. It is important to identify areas that need improvement in advocating for and accessing healthcare. These can be included as functional Transition Goals.

Below are four sample goals:



I can name my learning difference, disability, medical or mental health diagnosis.

By the end of IEP cycle, student will say aloud, spell out, or enter into cell phone the names of their medical or mental health diagnosis with ____ % accuracy.



I know the amount of medicines I take.

By the end of the IEP Cycle, Student will be able to identify, say aloud, type and/or spell out the names and dosages of all their medicines with ____ % accuracy.



I know what to do when I run out of my medicines.

By the end of the IEP cycle, the student will be able to contact their doctor's office and/or pharmacy to ask about medication refills with ____ % accuracy.



I know how to ask the doctor's office for accommodations, if needed.

By the end of the IEP cycle, student will identify which accommodations they need to request at the doctor's office, with ____ % accuracy.

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functional goals to your IEP. These goals can focus on things like learning to schedule appointments, understanding your medications, or communicating with medical staff. KY-SPIN offers helpful examples of healthcare and self-advocacy goals on our website that you can explore to get started.

Take Charge: How to Schedule Your Own Doctor Appointment

Learning how to schedule your own doctor appointment is an important step toward becoming more independent and confident about your healthcare. Knowing what information to share—like your name, date of birth, and reason for the visit—helps you take control of your health and communicate clearly with medical staff. This video will guide you through the process step by step, showing how easy it can be to make your own appointment and feel prepared for your visit. Because taking charge of your health starts with one call.

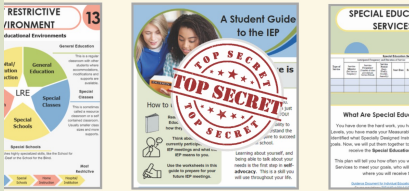


Youth Guide to the IEP

We are currently finishing up editing this highly anticipated resource. Sign up so we can send it straight to your inbox before its public release.



The Secret is Out!!!



Have you ever wanted an easy to read guide to Individualized Education Programs? Would you like worksheets and vocabulary to help you prepare for meetings and better understand your role in the ARC?

The wait is almost over! [Click here](#) to request a copy of our new fully accessible IEP guide for Youth, and you'll receive it via email as soon as it is released.



If you need someone to talk to...

988 Suicide & Crisis Lifeline: Call or Text 988
Website: <https://988.ky.gov>

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