

Healthy & Happy

**Making the transition to adult health care
& Independence**

September 25, 2019



**Nevada Department of
Health and Human Services**
DIVISION OF PUBLIC AND
BEHAVIORAL HEALTH



**Nevada Center for
Excellence in Disabilities**



Managing your health and taking care of your body are necessary for:

- ▶ Going to school
- ▶ Transitioning to work
- ▶ Living the life you want!

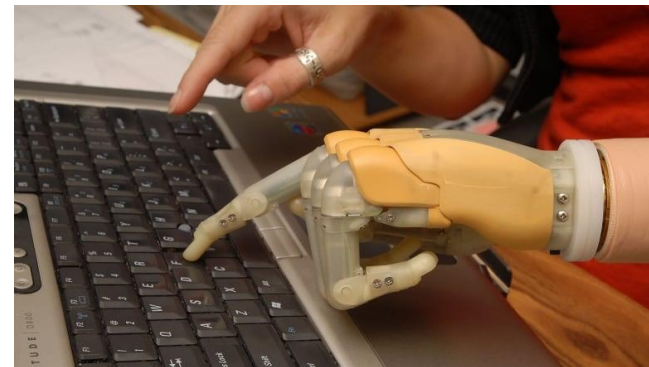
*Why do you need to manage your health to go to school?



*Why do you need to manage your health to go to school?

- ▶ A healthy lifestyle helps improve your physical, mental and emotional health.
- ▶ Taking good care of your body and mind can make a difference in how well you do in school and how well you manage changes.
- ▶ You need energy to get to your classes and to learn.
- ▶ Being healthy improves your ability to learn.
- ▶ Regular exercise improves your mood, and increases your energy.

*Is it important to have good health in order to get your dream job?
*What is your Dream Job?



*What are your life goals?

- ▶ *Where do you want to live?
 - ▶ *What kind of place do you want to live in?
 - ▶ *Who do you want to live with?
 - ▶ *What do you like to do for fun?
 - ▶ *Do you want to go to college?
 - ▶ *Do you want to get married?
 - ▶ *What other goals do you have?
-
- ▶ *Why is it important to take care of your health in order to achieve your goals?



It's important to understand your disability and your health care needs.

It is important to:



- Know what your disability is.
- Know how your disability affects your health.
- Know what allergies you have.
- Know what your medications are, and what they do for your health.

*What are the things you need to do to take care of your own health?



Exercise



Food Choices



*Why is sugar is bad for your Health?



- 1) Can Cause Weight Gain
- 2) May Increase Your Risk of Heart Disease
- 3) Has been linked to Acne
- 4) Increase Your Risk of Type 2 Diabetes
- 5) May Increase Your Risk of Cancer
- 6) May Increase Your Risk of Depression
- 7) May Accelerate the Skin Aging Process
- 8) Can Increase Cellular Aging
- 9) Drains your Energy
- 10) Can Lead to Fatty Liver
- 11) Other Health Risk

Sleep



Why is Sleep is Important?



- 1) Poor sleep can make you fat
- 2) Good sleepers tend to eat fewer calories
- 3) Good sleep can improve concentration and productivity.
- 4) Good sleep can maximize athletic performance.
- 5) Poor sleepers have a greater risk of heart disease and stroke.
- 6) Sleep affects glucose metabolism and type 2 diabetes risk.
- 7) Poor sleep is linked to depression
- 8) Sleep improves your immune function
- 9) Poor sleep is linked to increased inflammation
- 10) Sleep affects emotions and social interactions

Electronics and Screen Time



The amount of light you look at before you go to bed affects your sleeping and waking up feeling groggy. The best way is not look at TV, Handheld Gaming Devices or Video Games, Cell Phones or other electronic devices 2 hours before you go to bed to get the best sleep.

It is important to use your CPAP Machine if you need one



CPAP what does it do for your body?

- Helps heart disease. By treating your **sleep apnea**, you can reduce your risk of heart disease.
- Stroke
- Diabetes
- Motor vehicle accidents
- Daytime alertness
- Concentration
- Emotional stability
- Snoring
- Weight loss

Energy Drinks Good or Bad?



Energy drinks are risky to drink because they have a lot of sugar and caffeine in them. They are not good for you at all, and drinking too many energy drinks can cause you to have Health Risks and could make you sick.

Having an energy drink once while is ok but not 2 or more a day. Try to drink 1 every 2 or 3 days.

Do Not drink energy drinks 6 hours before you go to bed. It is because they have a lot of caffeine and will keep you awake. If you are going to consume them, It is best to drink it first thing in the morning when you wake up.

Do not drink too much alcohol and do not smoke or vape

Alcohol Effects

- ▶ Alcohol may lead to weight gain
- ▶ Alcohol interferes with memory and learning
- ▶ Alcohol increase depression and anxiety.
- ▶ Alcohol increase your risk of developing cancer

Smoke Effects

- ▶ Lung Cancer, Diabetes, Liver Cancer
- ▶ Vision Loss
- ▶ Loss of years of life
- ▶ Money? & More

Vape Effects

- ▶ Makes you sick and can die from it
- ▶ They could contain nicotine or marijuana, highly addictive drugs with known health risks.



Protect your skin



- Cover up or wear sunscreen in the sun
- Sunburns could lead to skin cancer
- Apply a base layer of sunscreen at home, before heading outside
- Make sure your sunscreen has an SPF of 30 or higher.

*Do you think it is important to have a Social Life?

- ▶ What kinds of things do you like to do with your friends?
- ▶ Do you reach out to plan activities with friends?
- ▶ Do you say Yes! to Plans?
- ▶ Work on eliminating anxiety over going out
- ▶ Don't worry about rejection
- ▶ Look for things you have in common with others.
- ▶ Try to become friends with people you find interesting.
- ▶ Always use good manners
- ▶ Be a good guest when people have you over
- ▶ Live an interesting life!



Don't forget to see your doctor regularly

- ▶ Visit your doctor for regular health checks, and see healthcare professionals when you first notice symptoms



Pediatric vs Adult Health Care



What things do you think you need to do to use health care services as an adult?

- ▶ Know your doctor's phone number
- ▶ Make your own doctor's appointments
- ▶ Know how to fill out medical forms
- ▶ Before your appointment, think of questions to ask the doctor
- ▶ Transportation
- ▶ Show up 15 minutes early for appointments.
- ▶ Know where to get blood work or x-rays if doctor orders them
- ▶ Take your health insurance card with you to your appointments



Medications



- ❖ Know what medications you take
- ❖ Know if you are allergic to any medicines
- ❖ Know what pharmacy you use
- ❖ Know how to call in a prescription
- ❖ Take your own medications each day
- ❖ Bring a list of medications you take when you go to your doctor.

Sometimes there are Emergencies

- ▶ What symptoms need quick medical attention?
- ▶ What do you do in the event of a medical emergency?



Taking care of yourself and being independent summary:

- ▶ Look after your health by watching what you eat, being physically active, having an active social life, getting plenty of rest, not drinking too much alcohol and not smoking.
- ▶ You can take steps to help reduce your risk of disease, such as making sure your immunizations are up to date and handling your food safely.
- ▶ Cover up from the sun in peak hours during summer to help protect against skin cancer.
- ▶ Visit your doctor for regular health checks, and see healthcare professionals when you first notice symptoms.

Able Accounts

- ▶ Can save over \$2000 and keep your SSI and Medicaid
- ▶ Saving money for disability related expenses
- ▶ Education
- ▶ Health and wellness
- ▶ Housing
- ▶ Transportation
- ▶ Legal fees
- ▶ Financial management
- ▶ Employment training and support
- ▶ Assistive technology
- ▶ Personal support services
- ▶ Oversight and monitoring
- ▶ Funeral and burial expenses

Additional Resources for Youth Health Care Transition

National Resource Center for Supported Decision-Making
EVERYONE has the Right To Make Choices

<http://www.supporteddecisionmaking.org/content/supported-decision-making-news>



Second Judicial District Court
State of Nevada
Washoe County

Alternatives to Guardianship

<https://www.washoecourts.com/AdultGuardianship/AlternativesToGuardianship>



<https://www.gottransition.org>



Transportation - N4

<http://neighbornv.org/n4-connect>



<https://www.sotaconference.com>



Thank you for coming!

University of Nevada Reno
Nevada Center for Excellence in Disabilities

For more information, contact

Diana Rovetti

rovetti@unr.edu

Travis Mills

travismills@unr.edu