

Resources for Youth Becoming Their Own Medical Advocate

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...Transitioning to Adulthood

- Becoming an adult is a process.
- It involves new experiences and decisions.
- Issues like health insurance, finding an adult doctor, transportation or housing can be overwhelming.



Special Health Care Needs

Children & Youth with special health care needs:

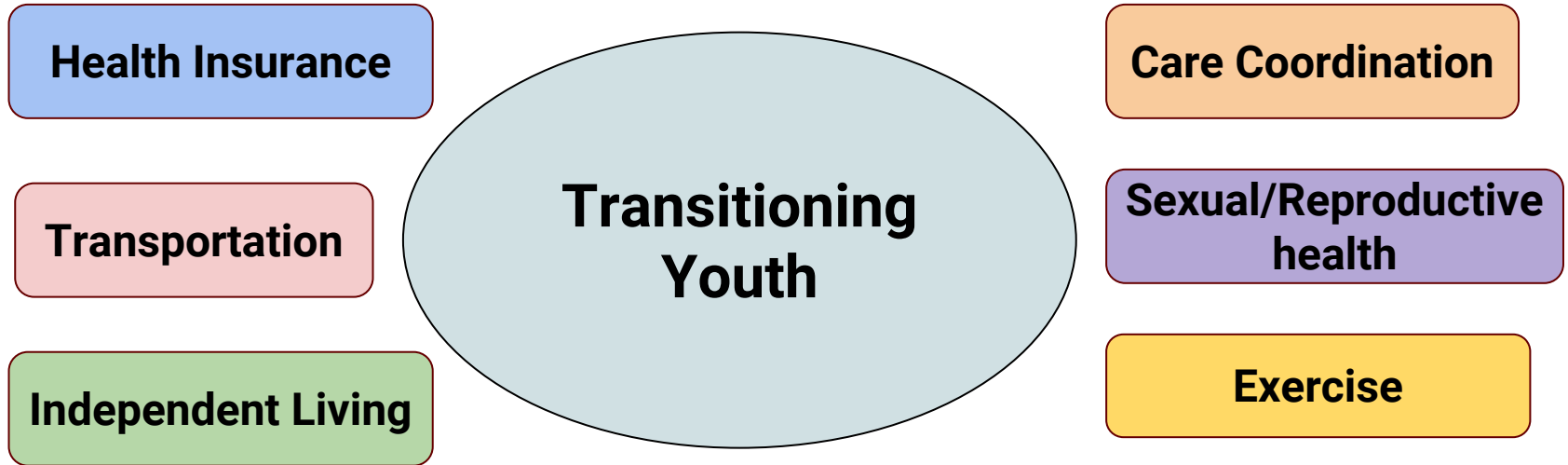
- have/are at increased risk for chronic physical, developmental, behavioral or emotional conditions.
- require health and related services of a type or amount beyond that required by children generally.
- often need services from multiple systems: (health care, education, mental health & social services).



1 in 5
U.S. Families
have a child
with a special
health care
need

Nearly **20%**
of U.S. children
under age 18 years
of age have a
special health care
need.

Areas of Focus



Patient Navigators Programs

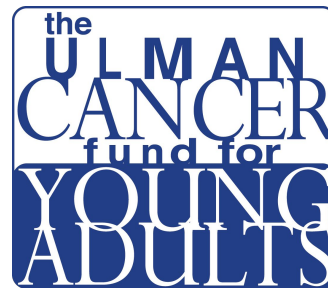
Autistic Self Advocacy Network (ASAN)

Uses **a comprehensive toolkit** to empower people with disabilities, their families, and other disability advocates to help youth with disabilities manage their own health care as they transition to adulthood.



ULMAN Cancer Funds for Young Adults (UCF)

The navigation program that aims to help young adults understand and utilize their unique capacities while dealing with cancer. The program is built upon the “**4E**” framework: ***educate, empower, engage, encourage.***



Insurance Navigation Services

DC Health Link Navigator Program: *(grant funded navigators below)*

- [Whitman-Walker Health \(WWH\)](#)
- [DC Primary Care Association \(DCPCA\)](#)
- [African Methodist Episcopal Church](#)
Second District Religious, Educational
and Charitable Development Projects,
Inc. (AME Second District RED)



Zocdoc: Zocdoc Insurance Checker makes it easy for patients to decipher their insurance card, select the right insurance plan and get verified plan details before they book.



DC Healthcare Alliance provides medical assistance to District residents who are not eligible for Medicaid.



Resources for Independent Living

College Living Experience (CLE)

Provides individualized post-secondary academic, career, independent living, and social supports to students with autism, Asperger's Syndrome, ADHD, and other varying exceptionalities.



Casey Family Programs

Provides an array of services for children and youth in foster care, including services that help youth make a successful transition to adulthood.



Medical Transportation Resource

Travel Training

MTM's On the Move Program provides travel training for individuals in the District of Columbia who require assistance using public transit. Training topics include safety and awareness, reading and using system maps and schedules, trip planning, etc.



Transport DC Program

Enables D.C. resident MetroAccess users to get a taxi (wheelchair accessible if needed) within D.C. limits for \$5 one-way, plus free fare for up to 2 companion riders.



Exercise Resource: KEEN

- Kids Enjoy Exercise Now (KEEN) empowers youth with disabilities by providing free, non-competitive, one-to-one programs of exercise, fitness and fun, led by volunteer coaches.
- Youngest athletes: ages 5 to 12.
- Teens: ages 13 to 20+.
- DC Programs: basketball clinics, music, soccer clinics, Zumba, family sports days, and sports (combination of activities).
- KEEN athlete disabilities include: ADHD, Autism Spectrum Disorder, Cerebral Palsy, Down Syndrome, Epilepsy, Learning Disability, Intellectual Disability, and Spina Bifida.

Sign Up for Programs	
5/19	<u>DC Basketball</u>
5/19	<u>DC Sports</u>
5/19	<u>DC Music</u>
5/19	<u>Baltimore Bowling</u>
5/20	<u>MD Kids Sports</u>
5/20	<u>MD Teens Music</u>
5/20	<u>Baltimore JHU Kids Sports</u>
5/20	<u>VA Sports @ Kilmer Center</u>
5/20	<u>VA Sports @ Irving Middle School</u>
5/20	<u>MD Kids Tae Kwon Do</u>
5/20	<u>MD Dance</u>
5/20	<u>VA Music @ Irving Middle School</u>
5/20	<u>Arlington Sports</u>
6/3	<u>Sports Festival</u>

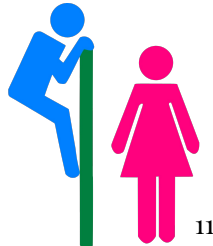
Other Exercise Resource

- **Kids in Action**: adaptive sports and social activities program for children and young adults with disabilities and their sisters and brothers.
 - Most activities are free and all events are supervised by licensed therapists so that anyone can participate.



SRH Online Resources

- [Young Men's Health](#): This website provides carefully researched health information to teenage boys and young men.
- [Center for Young Women's Health](#): This website aims to empower teen girls, young women to take an active role in their own health and improve understanding of normal health and development/different conditions and diseases.



Other SRH Resource

- **Whitman-Walker**

- [Youth Prevention Services](#): Provides programming and activities to support the development of best health practices for young people ages 13-24.
- [Youth Testing Services](#): Offers free HIV, STI, and pregnancy testing to anyone ages 13 and older. Referrals for treatment are provided to clients with positive STI test results. No appointments are needed as testing is walk-in only.



LGBTQ *Resource: Whitman-Walker*

GENDER AFFIRMING SERVICES: Medical

Hormone Therapy (HT/HRT)	HIV & STI Testing and Counseling	Breast Health
Trans Care Navigation	HIV Specialty Care	Pharmacy
Care Navigation	Gynecology	Dental

GENDER AFFIRMING SERVICES: Mental & Behavioral

Counseling & Assessment	Substance Use Services
Group Therapy	Individual Psychotherapy
Peer Support Services	Psychiatry

ADDITIONAL SUPPORTIVE SERVICES

Legal Services: Name Gender Change

Insurance Navigation

Other LGBTQ Resource

- [Sexual Minority Youth Assistance League \(SMYAL\)](#): Hosts weekly events including *Young Playwrights*, *Youth Fellows Discussion*, *Game Night*, *Health Impact Program*, *DC Black Pride Youth Town Hall*, and *DC Black Pride Health and Wellness Expo*.



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