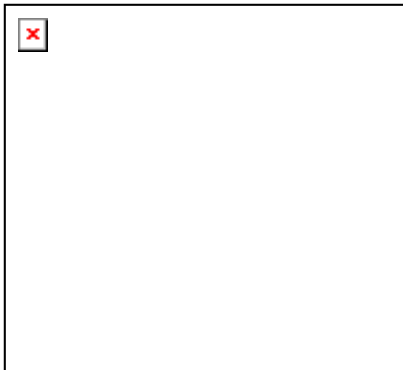


Centers For Independent Living (CIL)

CIL provides many different types of services for youth and adults with disabilities in order to help them to live and work in the community. These centers are ran by people with disabilities.

Services provided are:

- Help with getting services
- Help in finding a place to live
- Help with finding an aide to help you
- Finding a mentor
- Talking with someone who can help you with your problems
- You can ask if they have other services that might be helpful to you
- If is easy to get services. All you have to do is call and make an appointment.



Don't Go to the Emergency Room if you have ...

1. Call the doctor's office and tell them you are sick and need to come in.
2. If the doctor's office is closed, call your doctor and tell him/her how you are feeling.
3. Go to the urgent care near where you live





GETTING AN ACCOMMODATION

YOU MAY NEED EXTRA HELP DURING YOUR DOCTOR'S
OR DENTIST'S VISIT, SO BE SURE TO:

1. Call before your visit and tell the office staff that you will need extra help.
2. Tell them what type of help you need.
3. Tell them what has helped you in the past.

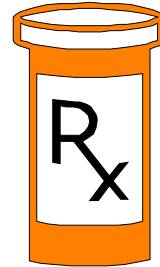
GETTING MEDICAL RECORDS

It is a good idea to have records of your medical care as the doctor may ask to see them. You may need them you when you see a new doctor or if you go to the hospital.



- ⇒ It is a good idea to ask the doctor, dentist or therapist for a copy of the record of the visit.
- ⇒ It is a lot easier to get a record of each visit rather than all at once.
- ⇒ If you ask for a copy for all of your medical records, you may have to pay, as it takes longer to copy them all at one time.

Getting Your Medication Prescription Refill

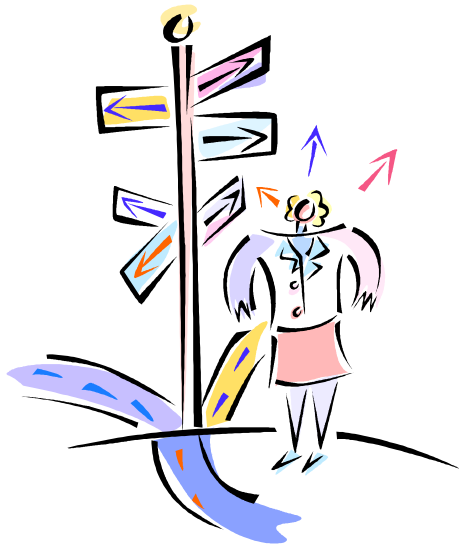


1. Look at the prescription label and decide when your prescription ends.
2. Mark on your calendar the date of when your prescription runs out.
3. Call the drug store the day before your prescription is supposed to be renewed.
4. Order your prescription from the pharmacist.
5. Note when your prescription runs out and if you can refill it again.
6. If you need a doctor's order for more refills then call the doctor for a refill



- ♦ If you have to change doctors, ask your ask your doctor if he knows someone.
- ♦ Ask your friends.
- ♦ Ask the people you work with.
- ♦ Ask your neighbors.
- ♦ Call the regional center and ask if they have a list of doctors to call.
- ♦ Call the Independent Living Center near where you live and ask if they have any names of doctors.
- ♦ Ask the school nurse.
- ♦ Ask the clinic nurse where you get medical care.





How to Get Health Insurance

There are many ways of getting health insurance. Here are some ideas:

1. You may be able to be covered by your parents' health insurance if you are younger than 25 years old and are a student.
2. If you are a student at a community college, 4 year college or university, you can get health insurance as a student. This insurance plan has limited coverage for hospitalizations, and only good during the school year.
3. Many employers offer health insurance with jobs.
4. If you do not have a job, you may be eligible for Medi-Cal. You can apply at county welfare offices or community health clinics.
5. Even if you are working and you don't have health insurance, you may be eligible for Medi-Cal.

KEEPING TRACK OF YOUR HEALTH RECORDS

It is hard to keep everything straight even your health records like the doctor's report from your last visit, the results of your blood tests. Here are some hints to help you.

1. Find one place where you can put all your health records.
2. Every time you get a report or some other health information, put it there.
3. Figure out how to group the information so you can find it.
 - ♦ Put phone numbers of the doctors, dentist and therapist together
 - ♦ Put test results together
 - ♦ Put health insurance information together
 - ♦ Put notes together





Yoga is an Eastern form of exercise. It is very different from other types of exercise. Yoga involves slow movements and stretching of the body and slow, deep breathing to keep muscles flexible. People who do yoga say it not only helps the body but the mind too. Yoga is suppose to make people feel calm and less tense when done regularly. Yoga can be done at home by yourself or at a yoga center with others.

You can get more information about yoga by:

Finding a yoga center in the phone book

Finding a yoga center on the Internet

Asking your friends and co-workers who practice yoga

Asking your doctor, teacher or counselor

Three Important Questions

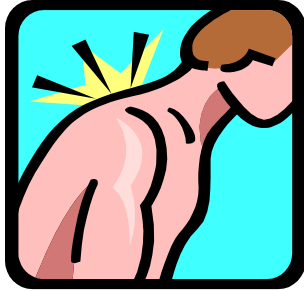


According to the "Ask Me 3" program, these are the three most important questions to ask your doctor:

1. What is my main problem?
 2. What do I need to do?
- Why is it important for me to do this?

If you ask your doctor these three questions, you will be able to take better care of yourself.

Ask Me 3 project,
<http://www.askme3.org>



Acupuncture

Acupuncture is a Chinese form of medical treatment. The Chinese began using acupuncture 2000 years ago. It is a very different type of medical treatment than is used by doctors in the United States.

Acupuncture involves putting very thin needles into the skin in specific areas of the body that make you feel better. Most people say the needles do not hurt as they are as thin as thread. Symptoms are suppose to improve depending on where needles are placed. Acupuncture treatment may involve putting needles anywhere in the body like the feet, top of the head, on the earlobe to treat the symptoms.

Acupuncture may be helpful if you have:

Pain that never goes away

Allergies

Depression

Skin problems

GERD

Arthritis

Surgery as it can speed up healing

It is important to go to an acupuncturist who has a state license and professional credentials.

It is also important to talk with your doctor about your desire to go to an acupuncturist.



Do you need eyeglasses?

You may wonder if you need eyeglasses. You need eyeglasses if you:

- ♦ Have to squint your eyes to read signs
- ♦ Have to hold something to read away from you to read it
- ♦ If things look blurry to you
- ♦ If you can't read words because they are hard to see

If you have these problems, you should go to an eye doctor to have your eyes checked. You may need glasses to see better.



Exercise is Healthy

Exercising is good for you. There are many benefits with regular exercise.

1. Prevents serious health problems such as cancer, diabetes and heart attacks.
2. Can improve chances of living longer.
3. Prevents weak bones.
4. Prevents depression, feelings of sadness
5. Helps to control weight

Just exercising 3 times a week for at least 30 minutes can make a big difference in your life. There are many different types of exercise you can do. Walking, running, bicycling, jogging and swimming or going to an exercise class are all good types of exercise.

