

Getting the Best From Your Medical Appointments

“The annual Health Check is one of the single most important investments in the primary healthcare of people with intellectual disabilities of the 21st century.”
Walmsley (2011)

Document, Pages #s	Topics	Source	Website
My Health Passport (4)	Demographics, communication, medical history, medications, pain, coping, mobility, ADLs, sensitivities. Includes visuals	University of South Florida, Florida Center of Inclusive Communities	http://flfcic.fmhi.usf.edu/docs/FCIC_Health_Passport_Form_Typeable_English.pdf
My Health Report (2)	About me, reason for visit, since last visit, medications, history, daily life, sexual health, abilities, health maintenance, recent. Includes visuals	University of South Florida, Florida Center of Inclusive Communities	http://flfcic.fmhi.usf.edu/docs/FCIC_My_Health_Report_Fillable.pdf
Education for Life Long Health: How Do I Talk to My Doctor (2)	Be prepared, communicate, review and record. Includes visuals	University of South Florida, Florida Center of Inclusive Communities	http://flfcic.fmhi.usf.edu/docs/FCIC_EFLH-6-TalkingToMyDoctor_Fact%20sheet.pdf
Today's Health Care Visit: Implementing Health Checks for Adults with DD: A Toolkit for Primary Care Providers (4)	Do I need bloodwork, medication changes, understanding today's visit, follow up, pain scale. Includes visuals.	Health Care Access and Research Developmental Disabilities	H-CARDD Online: www.hcardd.ca https://www.porticonetwork.ca/documents/38160/99698/Today%27s+Health+Care+tool_original/0225d60c-faaa-43e5-b8ce-e636bafd1ea9
Today's Visit: (2)	Demographics, main reason for visit, recent changes, daily functioning over the past	Surrey Centre, Tools for Primary care Providers	General Issues in Care of Adults with DD http://www.surreyplace.on.ca/resources-publications/primary-care/tools-for-primary-

	week: eating, activity, mood, sleep, bowel routine; doctor/nurse notes,		care-providers/ http://www.surreyplace.on.ca/resources-publications/primary-care/tools-for-primary-care-providers/
Office Organizational Tips: Patients with DD (3)	Pre-appointment preparations, initial office appt, follow-up appts, exams and procedures	Surrey Centre, Tools for Primary care Providers	General Issues in Care of Adults with DD http://www.surreyplace.on.ca/documents/Primary%20Care/Office%20Organizational%20Tips.pdf
IDD Tool Kit	8 brief modules for primary care providers, totaling one and a half hours. Topics include communication, common physical health issues, approach to challenging behavior, autism spectrum disorder, non-pharmacologic approaches and the use of psychotropic medications for challenging behavior	Vanderbilt Kennedy Center	www.iddtoolkit.org
Tip Sheets and Resources (1)	Fact Sheets are tools for individuals and families with and without disabilities, services providers, students, and trainees. Topics include Autism, Down Syndrome, Fetal Alcohol Syndrome, Fragile X Syndrome, Prader Willaims Syndrome Each page is a single page, easy to read handout that can be downloaded at no cost.	Vanderbilt Kennedy Center	http://vkc.mc.vanderbilt.edu/vkc/resources/tipsheets/
Health Risk Screening Tool	Web-based instrument developed to detect health destabilization in vulnerable populations. Screens for health risks associated with a	Health Risk Screening Inc.	http://hrstonline.com/

	wide variety of disabilities, including developmental disabilities, physical disabilities, and disabilities associated with aging and many other conditions.		