

PRE-SHIFT SKILL: SUPPORT SYSTEM

Support System: A Guide for Minnesota Teens

Having a strong support system is important as you take more responsibility for your health. Here's how you can build a solid support system for your health care needs:

1. I Know at Least One Other Person Who Will Support Me with My Health Needs

It's important to have someone you can count on for help with your health:

- **Identify Your Support:** Think about who you trust to support you with your health care. This could be a family member, a friend, or even a mentor. Having someone to talk to or help with appointments can make things easier.
- **Talk About Your Needs:** Make sure this person knows how they can support you. Whether it's driving you to appointments, reminding you to take medicine, or just listening to your concerns, it helps to have a go-to person.

2. I Have a Way to Get to My Doctor's Office

Transportation is key when you need to go to doctor's appointments:

- **Plan Your Rides:** Know how you will get to your doctor's office, whether it's by bus, car, or rideshare service. Make a plan ahead of time.
- **Ask for Help:** If you don't have a way to get to appointments, ask your parents, caregivers, friends, or give our clinic a call (651-220-6624).
 - Most Medical Assistance (MA) insurance plans provide free medical rides if you call to schedule at least 3 days in advance.
 - Most of our diabetes/endo clinics are connected to a Metro Transit route. Try looking into public transportation options if you're old enough to use them.

3. I Talk with My Parent/Caregiver About the Health Care Transition Process

It's important to keep open communication with your parent or caregiver during your health care transition:

- **Have Honest Conversations:** Talk with your guardians about your health care needs and how you'll handle your medical appointments and medications as you grow older.
- **Ask for Their Help:** Your guardians can guide you through changes in your health care, like switching to adult care providers when you turn 18 or understanding how to use health insurance.
- **Work Together:** It's a team effort! Make sure you understand what's happening with your health care and that your guardians are on the same page.

Additional Resources

For more help with building a support system and managing your health care, you can visit:

- **Got Transition:** A resource to help teens and young adults transition to managing their own health care. (gottransition.org)
- **The Diabetes Link:** Online community for peer support, resources, and leadership opportunities designed specifically for young adults. (thediabeteslink.org)

Having a good support system helps you stay on top of your health care needs. Make sure you have the people and resources in place to support you!