

Central Mass Community Network
 A project of the Polus Center for Social & Economic Development
255 Park Ave, Suite D, Worcester, Ma. 01609
(508) 752-8129 fax (508) 752-3937
 Email: lsault@poluscenter.org

HEALTH CARE SKILLS/ABILITIES CHECK LIST FOR

I am able to	Function	Comments
Name my doctor and dentist or carry information in my wallet		
Prepare and ask questions for doctors, nurses, therapists		
Name medications and what they are for, or carry information in wallet		
Be responsible for taking own medication; name allergies and/or carry information		
Be responsible for doing own treatments		
Get a prescription filled/refilled		
Call to schedule own and keep a calendar of medical/dental appointments		
Take public transportation to medical office		
State my height transportation to or carry information in wallet		
Know medical coverage numbers, emergency telephone numbers and/or carry information in wallet		
Know about medical coverage options		
Discuss role of general health maintenance		
Understand which behaviors/habits might be a risk to general health; which might improve health		
Review recommended schedules of preventive screenings/immunizations with support persons		

Take care of own menstrual needs and keep a record of monthly periods		
Obtain sex education materials/birth control/family planning information as needed		
Considered genetic counseling if appropriate		
Identify trusted person with whom I can discuss personal/private matters about my body/health/relationships		
Know risks of drugs/tobacco/alcohol use/smoking		
Engage in physical activity of my choice		
Consider the need for a health advocate/proxy		
Describe chronic illness or disability to relevant people		