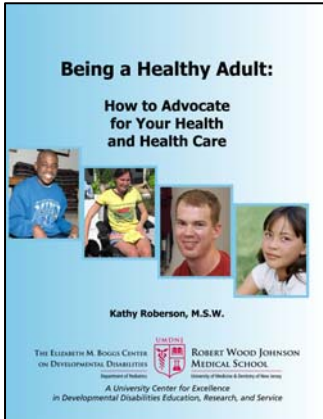




Being a Healthy Adult: Advocating for Your Health and Health Care



The purpose of this guide is to teach young adults with disabilities how to become strong self-advocates for their own health and health care. The guide includes activities, worksheets, and tips for communicating effectively with health care providers, keeping track of personal health information, and figuring out what supports will help each individual make the health-related choices that are right for him or her.

Available in English, Spanish, and audio recordings

Ordering Information:

Cost: Free. (For orders of 10 or more copies, contact Kathy Roberson at 732-235-9317 or kathy.roberson@umdnj.edu for shipping costs.)

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