



# COLLEGE AND YOU

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You may be planning to go away to college or obtain vocational training. This is one sure way of increasing the likelihood of living a productive and fulfilling life. Transition to a new school and to a new doctor for adults is easier when you know what to expect and most important of all, when you know what you should consider when making your plans and choosing your school.

One of the most exciting parts of going away to college is the freedom you have...you're completely on your own. But this means you have to be prepared to take care of your own needs. Your parents will no longer be there to take care of you, to remind you about medications, to make decisions for you, or to solve problems. So knowing your needs and if the school you're considering can accommodate them is very important.

## Let's start with your needs:

**a.** What medical care do you need when you're away from home?

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**b.** Do you need physical assistance? Will you need personal assistants to help you complete activities of daily living?

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**c.** Are these services available at the colleges you are considering? Contact the Office for Students with Disabilities for that college to find out.

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**d.** Do you have special dietary needs? Are these available? Can they accommodate them, if not available?

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**Before you get there:**

- a.** Prepare for medical emergencies. Make a list of contacts, numbers of family, doctors, hospitals. Share it with others like your Dorm Advisor and roommate.

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- b.** Arrange for any medical support you may need in case of an emergency — list of equipment, medications.

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- c.** Prepare a list of medications, equipment, supplies that you use on a regular basis and where to get them.

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- d.** Find out where you can get equipment, such as a wheelchair repaired or replaced.

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**Once you get there:**

Talk to your academic advisor about your disability. Since this might affect your ability to take a full course load, it's important to find out if a reduced schedule still qualifies you as a "full-time student" as this will impact your health insurance coverage.

Remember, it's all up to you now. No one is going to come to you to ask if everything is okay. You are responsible for making sure you have what you need to succeed. Your success will depend on the effort you put into it. When you give 100%, you'll reap great benefits because Talent Knows No Limits. And of course, never, never be afraid to ask for help!