What are the challenges of health self-management?

For young people with disabilities the challenge can be learning the skills that are necessary to be independent and successful in managing their own health and medical needs.

What are the risks of not learning health self-management?

The risks young people with disabilities may experience if they do not take charge of their own medical and health needs are:

- Chronic illness
- Hospitalization
- Poor health

For more information, visit:

The University of Michigan's Rehabilitation Engineering Research Center's website:
http://cthi.medicine.umich.edu/resources/transition-planning

For an accessible version of this infographic, visit:
http://cthi.medicine.umich.edu/health-self-management-infographic

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