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 can I do to learn health self-management skills?
Find strategies or tools that may help you stay organized, set goals, and stay motivated to keep trying by using technology.

For more information about how technology can help you develop health self-management skills, visit:
The University of Michigan’s Rehabilitation Engineering Research Center’s website:
https://cdh.medicine.umich.edu/research/cthi/tiktoc-rerc/transition-planning-resources

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

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