

## Pathways to Adulthood: Health Care Self-Management Electronic Resource List

1. [www.floridahats.org](http://www.floridahats.org): Florida Health and Transition Services, an initiative of the Florida Department of Health, Children's Medical Services. Provides a clearinghouse of information for Florida residents with developmental disabilities or other special health care needs, about accessing adult-oriented health care and acquiring self-management skills.
2. <http://hscj.ufl.edu/jaxhats>: This web site for JaxHATS, a medical home for medically complex teens and young adults in Jacksonville, FL, provides many tools and resources for health care management, including self-care instructional videos.
3. <http://flfcic.fmhi.usf.edu>: Florida Center for Inclusive Communities at USF. Click on Health Resources tab for Health Series Factsheets, My Health Passport, and other materials.
4. [www.HealthyTransitionsNY.org](http://www.HealthyTransitionsNY.org): Teaches skills and provides tools for care coordination, keeping a health summary, and setting priorities during the transition process. It features video vignettes that demonstrate health transition skills and interactive tools.
5. [www.ahrq.gov/legacy/questions/qb](http://www.ahrq.gov/legacy/questions/qb): An interactive website that allows you to electronically create a list of questions to take to medical appointments.
6. [www.npsf.org/for-healthcare-professionals/programs/ask-me-3](http://www.npsf.org/for-healthcare-professionals/programs/ask-me-3): "Ask Me 3" initiative of the National Patient Safety Foundation, with video.
7. [www.acipscotland.org.uk/7-Millar.pdf](http://www.acipscotland.org.uk/7-Millar.pdf): Simple photo and video apps to support communication, by Sally Millar.
8. [www.Senteacher.org](http://www.Senteacher.org): Create and print AAC cards/sheets from templates.
9. <http://disabilities.temple.edu/aacvocabulary/e4all.shtml>: Vocabularies that individuals who use augmentative and alternative communication (AAC) and their families need to participate in socially-valued adult roles.
10. [www.freedomscientific.com/jaws-hq.asp](http://www.freedomscientific.com/jaws-hq.asp): Jaws for Windows is a powerful accessibility solution that reads information on your screen using synthesized speech.
11. [www.DeafMD.org](http://www.DeafMD.org): Uses ASL to promote wellness of the Deaf and Hard of Hearing communities; provides explanations of medical tests, diseases, where to find a doctor.
12. [www.apple.com/accessibility/](http://www.apple.com/accessibility/): Information about the many accessible features built into Apple's products; click on "Special Education" for specifics.
13. [www.rjcooper.com](http://www.rjcooper.com): Site devoted to adaptations and modifications of special software and hardware products
14. [www.faast.org](http://www.faast.org): Florida Alliance for Assistive Technology and Service. Apps to Increase Independence. See PowerPoint presentation, [shttp://www.floridahats.org/wp-content/uploads/2010/03/FAAST-Apps-Presentation-2014.pdf](http://www.floridahats.org/wp-content/uploads/2010/03/FAAST-Apps-Presentation-2014.pdf)