



What you need to know about...

Preparing for College

Preparing to live on your own can be a wonderful time. As someone with asthma you need to learn to do things that your parent handled or you never thought of. Parents are worried about you going away to college or to live on your own, but these tips will help you and your parents feel confident about it.

It is important that you are able to care for your own asthma. This will take some careful planning on your part, and can not start the day you are set to leave your home.

1. Know what your asthma triggers are. Make sure wherever you live you will be prepared to do what it takes to reduce or remove triggers from the environment. This may mean cleaning more often and more carefully.
 - a. Look at all your housing options ahead of time to choose one that will provide the least amount of challenges to your asthma.
 - b. For example: Is this a smoke free building? Does the building allow pets?
2. Talk with your parents about what limits your insurance has on your ability to get medical care.
 - a. Some health insurance plans will cover you as long as you are a full time student. Others end once you move out of your parent's home.
 - b. If you are not covered by your parent's policy call the school to find out what health plans and medical services are offered to students.
 - c. Many schools have student insurance for a more affordable fee but you are often limited to the campus clinic.
 - d. Ask your healthcare provider for a referral to a provider near the school.
3. Know the names of all your medicines and ask your healthcare provider for enough refills so you do not run out while at school.
 - a. Research the best place to get these medications filled while at school.
 - b. Many campuses have their own clinic and pharmacy.
 - c. Call ahead to make sure they will fill prescriptions from your provider.
 - d. Make sure they carry all the medications you will need.
 - e. As a back up, get the name and number of local pharmacies in the area. Keep these numbers handy.
4. Decide if you would like your parent or guardian to have the right to talk with your medical provider at school.
 - a. If you do then you will need to sign written consent giving permission, you are a legal adult at 18 and they can not share information with your parents without your permission.
5. Register with the Office for Students with Disabilities.
 - a. Most campuses have an office for students with disabilities. It is important as a student that you contact this office in writing and let them know you will be attending that school.
 - b. Their office will help to advocate for you with your professors in case you became ill and miss several days of class.
 - c. Even if your asthma has been well controlled it is important to understand that you will be in a new environment, working long hours and your body may react differently than in the past.
 - d. This is a step that you must take, as an adult it is your responsibility to register not your parent or guardian.