



Asthma Beyond ... A Blueprint for Transition

“Strategize and be Asthma-Wize”

Use this worksheet with the Asthma Action Profile to prepare for independent living and proper asthma management.

NAME _____ DATE _____

1. Have you decided on what direction you'll take after graduation?

- University
Where _____
- Trade school
Where _____
- Employment
Where _____

2. For the last 12 years, at home and at school, your asthma was managed with the help of someone else. Before graduation, you'll want to make sure you have everything ready for YOU to assume this new independent life managing asthma on your own!

Consider talking with your:

- a. Parent/Caregiver- try ordering and picking up your prescription on your own. Become familiar with your insurance card and who's in your network. For example, the local hospital and ambulance.
- b. Doctor- ask for assistance in finding a new doctor in your new location and transferring records. With his support, create an asthma action plan.
- c. Pharmacist- ask to have your prescription(s) transferred. Make sure you have your prescription(s) ready for relocation.

3. Can you name your asthma medication? Circle which are rescue medication and which are controller medication?

1 _____ Rescue or Controller

2 _____ Rescue or Controller

3 _____ Rescue or Controller

4. Will you still be on your parent's insurance? CIRCLE: YES NO If no, what will you need to do?

CHECK ONE: Cobra Private Insurance University- some offer Insurance Plans

What is the name of your Insurance Company? _____

Do you know what a co-pay is? CIRCLE: YES NO If your answer is no, ask your Insurance company.

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5. Let's open the Asthma Action Profile:

You'll need to know:

1. How your lungs work.
2. Your triggers: list yours _____
3. Your early warning signs: list yours _____
4. How your lungs change during an attack: changes _____
5. What to do if you are alone and having an attack: ideas _____

6. Two management tools that can help you properly manage your asthma are a spacer and a peak flow meter.

You can get a Student Asthma Kit from Breathe Pennsylvania which contains both tools with instruction.

1. Follow the instructions in The Asthma Action Profile and practice using a spacer.
2. Next follow the instructions in your Asthma Action Profile and practice using the peak flow meter.
3. Review and follow cleaning instructions in the Asthma Action Profile for both management tools.

7. Where will you live? If you didn't plan ahead and review your triggers, you may find yourself struggling to manage your asthma. So let's review your situation.

Here are some questions you should consider asking:

1. Will you live in a house, an apartment, a dorm Don't know
2. Will you have a roommate? Yes No Don't know
3. Are there pets? Yes No Don't know
4. Does anyone smoke? Yes No Don't know
5. Is there a pest management plan? Yes No Don't know
6. Have you told people that you have food allergies? Yes No
7. Do you have allergies to cleaning products or personal care products? Yes No

8. Based on your triggers, how will these impact your asthma management?

Name your triggers and impact:

1. Trigger/impact _____/_____
2. Trigger/impact _____/_____
3. Trigger/impact _____/_____
4. Trigger/impact _____/_____

9. Do you have exercise-induced asthma? CIRCLE: YES NO

*If yes, you should pre-medicate 15 minutes before exercise.

10. Will climate affect your asthma? CIRCLE: YES NO

11. Consider your transportation, will you need access to a: car public transportation?

You'll want to ask questions before finalizing your living arrangements.
With a little planning, you can graduate ready to properly manage your asthma independently!

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