

HEALTHCARE & SELF-CARE PLANNING

For years, parents have managed a child or teen's healthcare. Transitioning to adulthood means taking responsibility for physical well-being and care. This includes learning how to:

- Make and attend key medical and dental appointments
- Plan and prepare healthy meals
- Administer and track necessary medications
- Build and maintain an achievable exercise routine

Self-care also means knowing when to seek help if physical, mental, or social health begins to decline.

Health Management Tools



Appointment Tracking

Keep a clear record of medical and dental appointments to support consistency and follow-through.



Medication Management

Track medications carefully, including timing and dosage, to support safe and consistent use.

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Healthy Routines

Develop daily habits that support overall wellbeing, including nutrition and meal planning.



Exercise Routine

Create a realistic and achievable movement routine that supports physical health.

Emergency Planning

It is important to have an easily accessible record of key health information in case of emergency.


This should include:

- Medical history summary
- Current medications
- Emergency contacts
- Care team contact information
- Allergies or critical notes

Keep this file in a known, accessible place and ensure family members or caregivers know where it is located.

The National MPS Society provides a medical history document to help you get started.

Adaptive Tools & Independence Supports







	Shower chairs and grab bars
	Handheld or detachable shower heads
	Chair lifts or mobility supports
	Reaching tools and grabbers
	Dressing and footwear aids

These tools are not about limitation—they are about increasing independence and ease in daily routines. Refer to the Adaptive Devices section.

Mental Health & Emotional Wellbeing

Mental health is an essential part of overall health. Living with MPS can bring physical, emotional, and social challenges. It is normal to feel overwhelmed at times. What matters most is recognizing those feelings and knowing support is available.

Things that can help:

	Mindfulness and grounding techniques
	Journaling or creative expression
	Relaxation or breathing exercises
	Therapy or counseling support
	Online and community resources
	Peer support networks

It is also important to recognize early signs of burnout, anxiety, or depression—and to seek support before things feel unmanageable.

You are not expected to manage everything alone. Asking for help is part of self-care, not a failure of independence.

Key Reminder

Self-care is not a single task—it is a daily practice of caring for your body, mind, and future.

