

TAKE CHARGE

# TRANSPLANT

## Tips for adult care

# Be GLADD

### **G**ive information

Know about your medical history and current medications. Tell your team what works best for you.

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### **L**isten to the suggestions

Your new team knows a lot about adults with your health condition.

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### **A**sk questions

Write questions down before your visit so you don't forget. If you don't understand something, ask again. There are no silly questions. Get all the information you need.

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### **D**ecide on a plan

Choose a plan that is good for your health and works well with your lifestyle – for school, work and family.

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### **D**o it

Get involved with your care! Take your medications and attend your medical appointments.