



Greetings, my name is Juan Carlos. I'm 15 years old and I'm a sophomore at West High School. I have ADHD, and even though I have it, I'm still able to do normal tasks that others perform. Even though you may have a disability, it doesn't mean that you can't succeed; it just means that you learn differently.

Something about myself is that I have a job; I started working at Pick 'n Save. I'm only permitted to work weekends since I'm 15 years old and that's the limit of time I can work, but they said that once I'm 16 years old, I can work during the week after school. I wanted to start working because I wanted to help my parents and also this would be a good learning experience before I live in my own place. What I like to do in my free time is play Clash Royale, hang out with my friends, and go to the park to play soccer with them or by myself.

When you become an adult and wonder if you'll need to switch doctors, well, it will be a good idea to switch from a pediatrician to a family doctor, especially if you need to be seen in a hospital, you need to be ready to have a doctor according to your age. For me, choosing a doctor was primarily up to my parents.

There are a few tips that I need to remember before my doctor's appointment. One way to remember is by marking it down on a physical calendar or a digital one. What I do is tell my mom every month to make sure that I have any upcoming appointments that we may both have forgotten about. There is also an app that helps me and my mom keep track of my appointments, which is called "MyChart," it's an app that stores information about me. If I forget what I want to tell my doctor about something, what I usually do is go to my notes app that's on my phone and I write down any problems that I may have so that when I see him, it will be easy to say the reason why I made the appointment.

When making healthcare decisions, you should ask your guardians since they would know what's best to do in the situation, unless it's about yourself, since you're the only one who knows you best. My guardians take me to my appointments since I don't know how to drive at the moment.

To sum up everything that has been stated so far, you should learn from parents how to make appointments for yourself which would benefit you later on when you have the same talk with your own kids.