

NAVIGATING

A New Diagnosis as a Teen Key Points to Remember

Facing a New Diagnosis

Getting a diagnosis of a disability can be scary, whether that be a physical disability or an intellectual or developmental disability. You're not alone in feeling overwhelmed, a lot of kids go through this, and facing it head on is the best way to prepare for your new life.



Understanding Your Disability:

Your diagnosis is more than just a label; it can be part of your social identity and help you connect with others and build a community of like-minded friends.

Deciding When to Share:

Talking about your disability can be tricky. You might want to share it with friends or keep it private, especially since there are still negative views about disabilities.



Do Your Research:

It's essential to learn about your disability and the tools that can help you thrive. This is your journey, and you're in charge.

School Accommodations:

You can ask for accommodations at school to help you succeed academically. There is no shame in getting help, and you have rights around schools supporting your education.

Facing New Challenges:

As you grow into adulthood, new challenges will come up. It's vital to explore available services and find your community.

Self- Advocacy is Key:

Learning to advocate for yourself is a skill you'll develop over time. It's an important part of navigating life with a disability.



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