Patient Name:	Birthdate:	Age:
Completed By:	Date:	



## Transition Checklist for Parents/Caregivers

The purpose of this *Transition Checklist for Parents/Caregivers* is to identify issues and create a greater understanding of the skills and abilities that will help your child transition to adulthood. This will be different for every child. Please complete this checklist by marking the box or boxes that describe you the best. If you do not understand a question, please ask the nurse or doctor for help.

Early Transition Skills: Age 13-14		I do this for my child	I want to learn how to do this and need more information	Someone else will need to help my child/family do this	N/A Will not be needed	
Do most of the speaking for my child in the doctor's office						
Schedule my child's doctor appointments						
Make health care decisions for my child with the doctor						
Advocate for my child's rights (health information privacy, accessibility)						
Describe my child's health conditions/disabilities and how they affect his/her life						
Include health goals on my child's Individualized Education Program (IEP) or transition plan at school						
Help my child maintain a health lifestyle (diet, activity, emotional)						
Understand effects of smoking, drinking, and/or using drugs on my child's health conditions (worsen symptoms, reactions to medications)						
Middle Transition Skills: Age 15-17						
Keep a list of my child's medicines and what each treats						
Give my child his or her medicines/treatments correctly						
Understand how my child's condition may affect sexuality (need for closeness, caring, and touch, sometimes involving sexual activity						
Take care of or discuss reproductive concerns (genetics, pregnancy) and safe practices (birth control, safe sex) for my child						
Understand my child's health insurance benefits (co-pays, referrals)						
Find adult services for my child (transportation, assistive technology, personal assistant, job coach, etc.)						
Make a plan for what my child will do after completing high school (education, job, recreational options, volunteer, etc.)						
Late Transition: Age 18 and beyond						
Keep my child's portable medical summary or care plan up to date						
Find an adult doctor for my child	П	П	П	П	П	
Find housing options for my child as an adult						
Fill my child's prescriptions or reorder supplies before they run out						
Know when to call for routine checkups, urgent care, when to go to the emergency room, and when to call 9-1-1						
Get health insurance coverage for my child as an adult						
Call (insurance carrier, doctor, care coordinator) with questions about my child's insurance coverage						
Get needed legal protections for my adult child (guardianship and alternatives, power of attorney for health care)						
Make a plan for managing my adult child's finances (power of attorney, joint bank account, special needs trust, representative payee, etc.)						
Apply for government benefits that my child may qualify for as an adult						

Office Use: The *Transition Checklist for Parents/Caregivers* was developed for use with caregivers of patients unlikely to achieve health care independence due to intellectual/developmental disabilities. The caregivers of these patients need to be prepared for the transition to the adult medical system. This checklist can help the clinician assess readiness of the youth and family to transition to adult systems by determining the health care tasks the caregiver currently performs, identifying the potential of the patient to learn new skills, and identifying areas for education and practice. Ask caregivers of teens to complete the checklist to establish a baseline and then reassess as needed (reassessment recommended every 12 months). This checklist has been organized by ages but it is important to always take an individualized approach based upon the teen's developmental level (not just chronologic age level), focusing on the teen's abilities. We recommend the initial assessment to be a comprehensive review of the entire checklist, to help determine what developmentally appropriate skills to focus on.

Office Use Only		Provider Notes:
Reviewed by:	Date:	
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