

Name:

Date:

Date of Birth/Age:

Transition Readiness Changing Roles for Youth

Compare your answers with your family. They might be surprised what you know or what you want to learn. Work on a plan to increase your health care skills. Share with the medical team the skills that you are working on. It takes time and practice to learn and demonstrate these skills. Best time to start, is today!

Health & Wellness 101 The Basic Skills	Does not apply to me	Yes I do this	I need to learn how	Someone else will have to do this - Who?
KNOWLEDGE OF HEALTH ISSUES/DIAGNOSIS				
I understand my health care needs, and I can explain my needs to others.				
I understand how to take my medication and what the side effects may be.				
I can explain to others how my family's customs and beliefs might affect health care decisions and medical treatments.				
I know my health and wellness measures (height, weight, Blood pressure, lab values).				
I know about prescriptions, over the counter, and herbal medicines and when to use them.				
I know my symptoms that need quick medical attention.				
I know what to do in case I have a medical emergency.				
BEING PREPARED				
I carry my health insurance card every day,				
I carry my important health information with me every day (i.e.: medical summary, including medical diagnosis, list of medications, allergy info, doctor's numbers, drug store number, emergency contacts, etc.).				
TAKING CHARGE				
I call for my own doctor appointments.				
I know I have an option to see my doctor by myself.				
Before a doctor's appointment I prepare written questions to ask.				
I track my own appointments, prescription refills and expiration dates.				
I call in my own prescriptions refills.				
I have a part in filing my medical records and receipts at home.				
I register and pay my co-pays for medical visits.				
I help monitor my medical equipment so it's in good working condition (daily and routine maintenance) and know who to contact if it needs to be fixed.				
AFTER AGE 18				
My family and I have a plan so I can keep my healthcare insurance after I turn 18 and 26.				
I sign my own medical forms (HIPAA, permission for treatment, release of records).				
My family and I have discussed and plan to develop a legal Power of Attorney for health care decisions in the event my health changes and I am unable to make decisions for myself. (Everyone in the family should have one!)				

On a Scale of 1-10 how ready are you to make a change?

What is your number today? _____

