

# Health Care Transition Patient Information

## Early Years

### Dear Teen,

Becoming a teen means you are involved in your medical care, as you are able. The list of activities below is a guide for health care skills you can start to learn while you are on the road to become a young adult. Not all teens are the same in how and when they learn these activities.

Turning eighteen may seem far away, but by learning your care now you will be ready when you are a young adult. You will still need the support of your parent or caregiver. It is a good idea to talk to your parent or caregiver and agree on what activities you will do. Some of the items listed are healthy activities and habits to keep in mind for today and in the future.



Your Feelings	
<ul style="list-style-type: none"> <li>• Learn healthy ways to deal with stress.</li> <li>• Spend time with your family.</li> <li>• Learn how to talk through problems; never use violence.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask your doctor or trusted adult for questions or for help.</li> <li>• Look for ways to help at home, such as doing chores.</li> <li>• Let your parent, caregiver or a trusted adult know if you feel sad or “down.”</li> </ul>
Your Daily Life — Good Things to Know	
<ul style="list-style-type: none"> <li>• Find fun, safe things to do.</li> <li>• Talk to your parents or a trusted adult about alcohol, drugs and smoking/vaping.</li> <li>• Support friends who do not smoke, use alcohol, drugs, steroids, diet pills or vape.</li> <li>• Talk about healthy relationships, sex and values with your parents or a trusted adult.</li> <li>• Follow your family rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about puberty and sexual pressures with someone you trust.</li> <li>• Ask your doctor about the impact alcohol, drugs, smoking/vaping have on your medical condition and/or the medicines you take.</li> <li>• Ask your doctor about reproductive health related to your medical condition: birth control, sexually transmitted infections (STIs) and pregnancy.</li> </ul>





### Friends and School

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| <ul style="list-style-type: none"><li>• Do the best you can when it comes to schoolwork and homework.</li><li>• If you need help with organizing your time, ask your parents or teachers.</li><li>• Read often.</li></ul> | <ul style="list-style-type: none"><li>• Find time to help others.</li><li>• Find activities you are really interested in, such as sports, music or acting.</li><li>• Stay connected with your parents.</li></ul> |
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### Growing as You Go

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| <ul style="list-style-type: none"><li>• Know the name of your health problem (diagnosis) and be able to talk about it to a friend, school nurse or health team member.</li><li>• Learn tasks for your health care and medical condition, such as talking directly to your doctor.</li><li>• Start learning how to make your own doctor visits.</li><li>• For question you may have, call your doctor or use myChart.</li><li>• Start learning the names of your medicines, why and when you take them and how much you take.</li><li>• Set reminders to take your medicine on your phone.</li></ul> | <ul style="list-style-type: none"><li>• Learn what can happen when you forget to take your medicine.</li><li>• Start learning how to refill your medicine prescriptions.</li><li>• Learn about what labs and tests you need and what they mean.</li><li>• Start taking care of your medical equipment and supplies.</li><li>• Know when to use urgent care vs. emergency room vs. calling 911.</li><li>• Start thinking about your plans after high school. For example, career, college, technical training.</li></ul> |
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For more information, visit [millerchildrens.org/Transition](http://millerchildrens.org/Transition).