

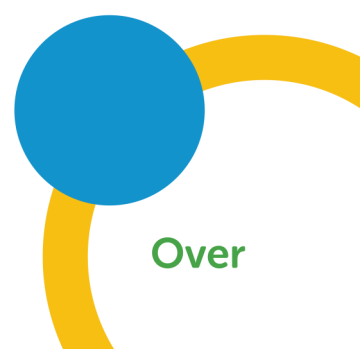
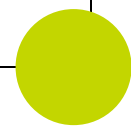
Health Care Transition Patient Information Late Years

Dear Teen,

As you get closer to becoming a young adult, you likely have taken on more of your own care, including your special health care. The list of activities below can help with skills you can do as you get closer to your young adult years. These activities may be done differently by each person. Some teens may need more help from their parent or caregiver. It is a good idea to talk to your doctor to make sure you are on track to transition to adult care. Some of the items listed are healthy choices for today and your future.



Your Feelings	
<ul style="list-style-type: none"> • Talk with your parent, caregiver or a trusted adult about your hopes and concerns. • Learn healthy ways to deal with stress. • Develop ways to solve problems and make good decisions. 	<ul style="list-style-type: none"> • Let your parent, caregiver or a trusted adult know if you feel sad or “down.” • Ask about ways you can help at home.
Your Daily Life — Good Things to Know	
<ul style="list-style-type: none"> • Talk with your parent, caregiver or a trusted adult about your values and expectations for drinking, drug use, tobacco use/vaping, driving and safe sex. • Talk with your parent, caregiver or a trusted adult when you need support or help in making healthy decisions. • Ask your doctor about how alcohol, drugs, smoking and safe sex affect your medical condition and/or the medicines you take. 	<ul style="list-style-type: none"> • Ask your doctor about reproductive health related to your medical condition: birth control, sexually transmitted infections (STIs) and pregnancy. • Find safe activities at school and in the community. • Follow your family rules. • Help at home and practice independent living skills or tasks you will need to live on your own.



Friends and School

- Set goals for yourself in school, your future and other activities.
 - Ask for help when you need it.
 - Find new activities you enjoy.
 - Volunteer and/or help others in the community.
 - Join after-school activities or sports.
 - Read often.
- Form healthy friendships and find fun, safe things to do with friends.
 - Spend time with your family.
 - Take responsibility for getting your homework done and getting to school or work on time.

Getting Ready to Be on Your Own

- Learn about what happens when you turn 18.
 - Learn about your health care rights.
 - Be able to explain your health conditions to another person, such as your friend or a school nurse.
 - Agree on what part of your special health care you will manage. For example:
 - Knowing your medicines.
 - Tracking your medicines: when they need refills/call the pharmacy to re-order them.
 - Making your own appointments.
 - Learning what your labs or other tests mean.
- Know your plan for a medical emergency when you feel sick or have a reaction to medicine.
 - Plan for changing to a doctor who cares for adults (explore choices, health plans).
 - Learn about what type of doctors you will need for your care.
 - Learn about your insurance plan.
 - Make healthy lifestyle choices, such as nutrition, exercise and sleep.

Violence and Injuries

- Do not drink and drive; or ride in a vehicle with someone who has been using drugs or alcohol.
 - If you feel unsafe driving or riding with someone, call a trusted friend/adult to drive you.
 - Always be a safe and careful driver.
 - Limit the number of friends in the car, night time driving and distractions when driving.
 - Never text while driving.
 - Insist that seat belts be worn by everyone.
- Never allow physical harm to yourself or others at home, school or elsewhere.
 - Learn how to deal with conflict without using violence.
 - Understand that healthy dating relationships are built on respect and that saying “no” is okay.
 - Remember that fighting or carrying weapons can be dangerous.
 - Support friends who choose not to use tobacco, vape, alcohol, drugs, steroids or diet pills.

