

My Health Care Transition

Graduating from pediatric to adult health care can be both exciting and challenging. There are skills and resources that can help you through these changes. The more you practice these skills and prepare for these changes, the more ready you will be. Work with your medical team to check the skills listed below that you can work on to be better prepared!

Early Skills to Manage My Care

- Name of my diagnosis
- Able to describe my health condition
- Know names of medicines
- Use medical alert bracelet
- Know when to call my doctor
- Know rights to confidential services (meet 1:1 with medical team)
- Know what happens when I forget to take my medicine
- Know what to do in an emergency
- Eat healthy and exercise
- Work on healthy sleep habits
- Know community resources
- Build social supports
- Start to learn daily life skills
- Enroll in myChart

Middle Skills to Manage My Care

- Learn skills for my health care
- Make doctor appointments
- Call doctor with questions
- Know names of medicines
- Use medicine reminders
- Know what yearly tests and labs I need
- Refill my medicines
- Take care of medical equipment
- Know difference between urgent care, emergency room and 911
- Figure out transportation
- Learn money management
- Guardianship/conservatorship
- Plan for after high school
- Plan for work/career with my diagnosis

Late Skills to Manage My Care

- Learn my health care rights
- Work on my portable medical summary with my team
- Assume all health care skills/tasks
- Find new specialist
- Find a primary care physician who sees adults
- Name support person(s)
- Housing choices
- Learn about medical insurance:
 - Who to call for questions
 - My plan benefits
- Gain life skills related to:
 - Sleep
 - Diet, nutrition, exercise
 - Bills and utilities
 - Daily living costs
 - How to change my primary care provider
 - Exploring resources
 - Government benefits



Introduction to Your Health Care Transition Journey

These are the topics and skills you will learn during your transition journey with your health care team.

Early



Middle

Learn about my condition and treatment plan Date: _____	Start doing daily health care activities Date: _____	Start meeting alone with my health team Date: _____	Start exploring school and/or career goals Date: _____	Identify my support system and resources Date: _____	Build more independence in my health care Date: _____	Consider my diagnosis in my after high school plans Date: _____	Learn self-care skills Date: _____
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Sample activities: enroll in myChart®, write down questions for your next visit, make a contract with your parent about split responsibilities

Sample activities: visit your school counselor, use an app for reminders for appointments or for taking medicine, call the pharmacy to refill your prescriptions

Late



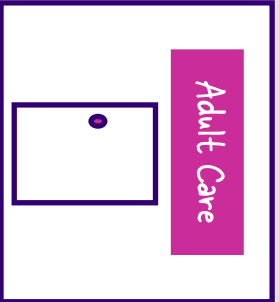
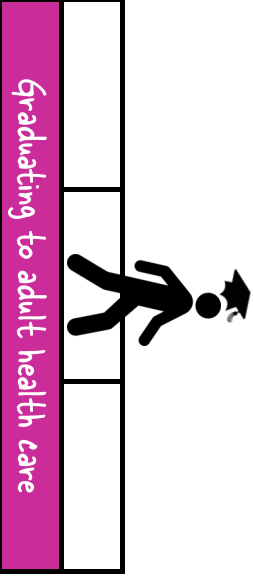
Identify PCP/specialist who cares for adults Date: _____	Create a health care summary with my medical team Date: _____	Learn about my health insurance Date: _____	Learn about my medical labs and what they mean Date: _____	Consider basic needs (income, transportation, housing) Date: _____	Live a healthy lifestyle Date: _____	Know how to exercise my health care rights Date: _____	Learn about my medical needs (tests, appointments) Date: _____
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Sample activities: visit your insurance plan website, fill out the patient forms at your appointment, get a government ID, explore community resources

Sample activities: pick a new doctor, explore government benefit programs, visit your adult primary care doctor.

Congratulations!

Assume all remaining health tasks Date: _____	Name support person (friend, significant other, parent) Date: _____	Initiate transfer of care to adult provider(s) Date: _____
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Don't forget to reach out to your pediatric team to let them know how you are doing!

