



Planning for Health Care Transition

**Goals: Youth will develop skills to the fullest extent appropriate.
All youth with transition smoothly to adult care providers.**

Checklist for Youth Preparing for Independence			
Ages 14-16: Develop increased responsibility for health care management			
Skill : Youth should be able to:	Discussed	Doing with Support	Fully Independent
Describe health needs, including chronic health conditions			
Identify the providers he or she sees, and why they are seen			
Ask and answer questions during appointments			
Name medications and why taken			
Take medication with increased independence			
Describe steps to refilling medications			
Describe steps to make appointments			
Ages 17-21: Demonstrate increased independence in health care management			
Skill: Youth should be able to:	Discussed	Doing with Support	Fully Independent
Make appointments			
Complete required forms at provider visits			
Participate in appointments independently			
Refill Prescriptions			
Participate in planning for transition from pediatric to adult health care providers			
Transition to adult health care provider, following high school or college graduation, as appropriate			
Maintain health information (whether paper, or access electronically)			
Develop understanding of health care financing, coverage options			
Apply for coverage, if necessary, requesting support if required or desired			



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All youth with transition smoothly to adult care providers.**

Checklist for Caregiver of Youth Unlikely to Attain Independence			
Ages 14-16: Begin planning for health care transition			
Skill : Youth / all caregivers should be able to:	Discussed	Partially Complete	Complete
Describe youth's health needs, including chronic health conditions			
Name / identify medications & why taken			
Identify health care providers & why seen			
Plan for alternate caregiver skill development to act if primary caregiver is unavailable			
Ages 17-21: Implement plans for transition to adult care providers			
Skill: Youth/ all caregivers should be able to:	Discussed	Partially Complete	Complete
Describe health needs, including chronic health conditions, to adult providers			
Alternate caregiver(s) available to assume health care management role if primary caregiver is unavailable <ul style="list-style-type: none"> • Medication management • Identify & access providers • Understand youth's routine & urgent health needs 			
Identify & Refill Prescriptions			
Participate in planning for transition from pediatric to adult health care providers			
Transition care to adult health care provider, following youth's high school or college graduation, as appropriate			
Maintain health information for youth / young adult (whether paper, or access electronically)			
Develop understanding of health care financing, coverage options			
Apply for coverage, if necessary, requesting support if required or desired			
Consider guardianship, Power of Attorney, Health Care Proxy and establish at age 18, as appropriate			