



Transition Checklist for Parents

Use the key below to describe how you feel about each of the questions on the checklist. Remember, there's no right or wrong answer.

1	My child does this by themselves (<i>on to it!</i>)	2	My child sometimes does this by themselves
3	My child is starting to think about doing this themselves	4	Myself or another adult does this for my child
5	Don't know		

Checklist

(place a tick in the column you think best describes how you feel about each question)

	1	2	3	4	5
My child knows their own medical history and where to get that information from					
My child can describe their health condition to others					
My child understands the medical terms, words and procedures related to their condition					
My child takes their own medications and knows what they are for and how they will affect them					
My child speaks up for themselves and tells others what they need					
My child understands what will happen if they don't take their medications and knows what they need to do to remember them					
My child knows what tests they need to have, why and how often					
My child keeps a record of their healthcare visits and medications					
My child has a thermometer at home and knows how to use it					
My child knows when they are getting sick and how to get help					
My child knows where to go and where they will be going if they need to be admitted to hospital					
My child knows the members of their healthcare team and how to contact them					
My child knows how to make their own appointments					
My child has a person who will help them with their health if our family cannot and they know how to contact them					
My child can obtain sex education materials/birth control information as needed					
My child knows about how drugs and alcohol affect their health					
My child knows what to expect in the adult service					
My child knows when they need a new prescription					
My child knows how to fill a prescription					
My child knows that as they get older, some procedures will be done under sedation (relaxed and drowsy) rather than general anaesthetic (being totally asleep)					