



Transition Checklist for Young People

Start thinking about how you can help prepare yourself for your move to adult services

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	I do this by myself (<i>on to it!</i>)	2	I sometimes do this by myself
3	I'm starting to think about doing this myself	4	Someone else does this for me
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
I know my medical history and where to get that information from					
I can describe my health condition to others					
I understand the medical terms, words and procedures related to my condition					
I take my own medications and know what they are for and how they will affect me					
I speak up for myself and tell others what I need					
I understand what will happen if I don't take my medications and know what I need to do to remember them					
I know what tests I need to have, why and how often					
I keep a record of my healthcare visits and medications					
I have a thermometer at home and know how to use it					
I know when I am getting sick and how to get help					
I know where to go and where I will be going if I need to be admitted to hospital					
I know the members of my healthcare team and how to contact them					
I know how to make my own appointments					
I have a person who will help me with my health if my family cannot and I know how to contact them					
I am able to obtain sex education materials/birth control information as needed					
I know about how drugs and alcohol affect my health					
I know what to expect in the adult service					
I know when I need a new prescription					
I know how to fill a prescription					
I know that as I get older, some procedures will be done under sedation (relaxed and drowsy) rather than general anaesthetic (being totally asleep)					