

Readiness Assessment Checklist

Youth Health Transition

Youth health transition is the time to get ready for the move from pediatric care to adult health care, work, and independence. Learning to manage your health and health care takes time. Experts recommend you start planning for this transition around age 14. This gives you enough time to develop the skills you will need. A **readiness assessment** is a list of questions about taking care of you and your health care. Filling one helps you figure out which skills you need to work on to do things on your own. If you need help, ask a family member for assistance.

Youth Health Transition Readiness Assessment (Adapted from Got Transition 2.0)

Fill out the checklist below to see what you already know and what you may need to learn more about when it comes to managing your health and health care.

My Health

(Check the box that applies to you right now)

	Yes, I know this	I need to learn	Someone needs to do this. Who?
I know my medical needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I carry important health information with me every day. (e.g. insurance card, allergies, medications, emergency contact information, medical summary)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know which symptoms mean I need to see a doctor quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know what to do in case I have a medical emergency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know my medicines, what they are for, and when I need to take them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know my allergies to medicines and which medicines I should not take	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I can explain my medical needs to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know how health care privacy changes at age 18, when I am legally an adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____

Using Health Care

(Check the box that applies to you right now)

	Yes, I know this	I need to learn	Someone needs to do this. Who?
I know, or I can find my doctor's phone number	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I make my own doctor appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
Before a visit, I think about questions to ask	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I have a way to get to my doctor's office	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know to show up 15 minutes before the visit to check in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know where to go to get medical care when the doctor's office is closed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I have a file at home with my medical information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I have a copy of my current plan of care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know how to fill out medical forms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know how to get referrals to other providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know where my pharmacy is and how to refill my medicines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I know where to get blood work or x-rays if my doctor orders them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
I have a plan so I can keep my health insurance after I turn 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____
My family and I have talked about my ability to make my own health care decisions at age 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> _____