DEVELOPMENTAL DISABILITIES SERVICES
Title V Children with Special Health Care Needs

got transition?
NATIONAL HEALTH CARE TRANSITION CENTER

Name:

Date: Date of Birth/Age:

Transition Readiness Changing Roles for Families

Compare your answers with your child's. You might be surprised what they know or want to learn. Work on a plan to increase health care skills. Share with the medical team the skills that you are working on. It takes time and practice to learn and demonstrate these skills. Best time to start, is today!

Health & Wellness 101 **The Basic Skills**	Does not need this	Yes can do this	Needs to learn how	Someone else will have to do this - Who?
KNOWLEDGE OF HEALTH ISSUES/DIAGNOSIS				
My child understands his/her health care needs, and can explain these needs to others.				
My child understands how to take his/her medication and what the side effects may be.				
My child can explain to others how our family's customs and beliefs might affect health care decisions and medical treatments.				
My child knows his/her health and wellness measures (weight, height, blood pressure, lab levels)				
My child knows health symptoms that need quick medical attention.				
My child knows about prescriptions, over the counter, and herbal medications and when to use them.				
My child knows what to do in case he/she has a medical emergency.				
BEING PREPARED				
My child carries his/her health insurance card every day,				
My child carries his/her important health information with him/her every day (i.e.: medical summary, including medical diagnosis, list of medications, allergy info, doctor's numbers, drug store number, emergency contacts, etc.).				
TAKING CHARGE				
My child calls for his/her own doctor appointments.				
My child knows he/she has an option to see his/her doctor by him/herself.				
Before a doctor's appointment my child prepares written questions to ask.				
My child tracks his/her own appointments, prescription refills, and expiration dates.				
My child calls in his/her own prescriptions refills.				
My child has a part in filing his/her medical records and receipts at home.				
My child registers and pays his/her co-pays for medical visits.				
My child helps monitor his/her medical equipment so it's in good working condition (daily and routine maintenance) and knows who to contact if it needs to be fixed.				
AFTER AGE 18				
My child and I have a plan so he/she can keep his/her healthcare insurance after he/she turns 18 and 26.				
My child will be prepared to sign his/her own medical forms (HIPAA, consent for treatment, release of records).				
My child and I have discussed and plan to develop a legal Power of Attorney for health care decisions in the event his/her health changes and he/she is unable to make decisions for him/herself. (Everyone in the family should have one!)				

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