

HEALTH CARE CHECKLIST



As adolescents become adults, they must assume responsibility for their health care. Assuming responsibility for one's own health care, as developmentally able, is part of growing up, becoming independent from one's family, and finding a place in the adult community.

Your son/daughter will soon become a young teenager. Teenagers and young adults need to learn how to make appointments, talk to doctors, and get the information they need to make good decisions. It can seem overwhelming at first, but lots of other people have the same questions you do.

We understand taking control of one's own health care is a big step! Adolescents with special health care needs, chronic illnesses, physical or developmental disabilities, may find this difficult and the sooner you start, the more time you will have to get ready for this transition.

DSCC has included a checklist that you can use as an ongoing measurement of the independent skills your child achieves. Achieving these skills will better prepare your child for the adult world.

Adapted from the State of Washington's Adolescent Health Transition Project; California's HRTW Transition Health Care Assessment and Massachusetts' PACER Center Health Care Skills Checklist.

Health Care Skills	Can do Already	Need Practice	Plan to Start	Accomplish
Understand Medical Condition:				
Describe chronic illness or disability.				
Identifies changes/symptoms caused by his/her medical condition.				
Understands implications of chronic illness/disability on daily life.				
Manage Your Own Health Care Needs:				
Makes own medical appointments.				
Can tell when changes/symptoms require medical attention.				
Refills medications and supplies.				
Can tell when to replace durable medical equipment.				
Able to hire personal care assistants and is responsible for their supervision.				
Responsible for managing daily treatments.				
Can name medications, what they're for, or carries information in a wallet/purse.				
Can arrange transportation to medical office.				
Knows/carries a list of health emergency phone numbers in wallet/purse.				
Able to seek help and knows what to do in a medical emergency.				
Has identified a physician for adult care.				
Discusses role of general health maintenance.				
Has considered genetic counseling if appropriate.				

Health Care Skills	Can do Already	Need Practice	Plan to Start	Accomplish
Communicates Effectively:				
Prepares and asks questions of medical providers.				
Responds to their questions.				
Accesses information and answers to health related concerns.				
Knowledge of Health Insurance:				
Is aware of medical coverage numbers or carries information in a wallet/purse.				
Can name health care insurance coverage and aware of eligibility requirements.				
Carries an insurance card or copy of it.				
Resources:				
Is aware of income assistance (SSI), other public services and how to access them.				
Able to use community transportation when needed.				
Is aware of services available through Division of Rehabilitation (DRS) and how to apply.				
Is aware of the services he/she should receive through the school to help with transition to adult life.				
Is aware of the employment incentives offered by Social Security and how to apply.				
Health Records:				
Accesses medical records.				
Uses a method for keeping track of doctor appointments.				