

My Transition Checklist

Working with your parents or guardian, use this list of skills to help prepare you for independent adult care for when you turn 18. The more comfortable and familiar you are with the way healthcare works, the easier it will be when it is time to transfer to adult care. Check off each box when you understand the skill.



Learn how to:

- ☐ Make doctor appointments
- ☐ Talk with your doctor by yourself
- ☐ Take medication on your own
- ☐ Fill prescriptions or order supplies

Insurance: What is your plan?

- ☐ Continue with parent's insurance or get your own insurance through an employer or school
- ☐ Purchase insurance on the open market
- ☐ Use a for state-funded insurance plan

Knowing how insurance works:

- ☐ Different types of plans (high deductible vs traditional plan)
- ☐ In-network vs out of network coverage
- ☐ Difference between a copay, deductible, and out of pocket maximum
- ☐ Who is responsible for covering costs

When learning how to use insurance, be sure you know:

- ☐ To carry an insurance card in their wallet
- ☐ How to contact the insurance company for questions about coverage
- ☐ Which providers or hospitals are covered
- ☐ Which pharmacy to use to fill prescriptions

Begin to develop understanding of your:

Medical conditions & medical history:

- ☐ Why am I treated at this clinic? (What types of doctors do I see and why?)
- ☐ What surgeries I have had (and when were they) and why?

Medications and allergies:

- ☐ What prescription and over-the-counter medications do I take? Why do I take them? What are their doses and when am I supposed to take them?
- ☐ What allergies do I have and what are my reactions to my allergy?

Needs and goals in self-care:

- ☐ What do I need to tell my doctors so they can help me be as healthy as possible?
- ☐ What do I want to do that I can't do today? What help do I need to achieve that goal?

Options for adult providers for primary and subspecialty care:

- ☐ Who do I need to connect with to get the care I need once I leave the pediatric clinic?
- ☐ Do I have an adult primary care provider?

Optimal timing of transfer:

- ☐ When do I think I will be ready to graduate from the pediatric care to adult care ?