

Transition Readiness: Family Checklist



Your youth is about to embark on a huge milestone in health care.

Our transition team acknowledges that you've been vital in helping to guide, advocate and inspire them throughout their journey. Your love and dedication will now be called upon in new ways as they take on the responsibilities of becoming an adult.

Please use this tool to identify transition readiness and areas that may require your continued involvement and support. Work to build upon their strengths, nurture them to grow independence, develop self-management skills and recognize their exceptional capabilities.

Advocate

- Ask youth how they are feeling about their health-care transition
- Encourage self-advocacy by allowing them to speak with providers independently
- Talk to them about signs and symptoms that require medical attention
- Discuss the reasons for medical tests and procedures and explain what they are for
- Identify a plan for independent living, accommodations and associated responsibilities
- Discuss a plan for post-secondary education and explore career options
- Have a plan for medications, supplies and service that aren't covered
- Have youth obtain and carry their own Health Card

Connect

- Encourage youth to connect with friends, peers and mentors with shared experiences
- Explore community resources on diagnoses and/or transitioning to adult care
- Make a list of specialists and contacts on their health-care team, and tell them how and why to connect with them
- Reinforce the importance of visiting their family physician minimum once a year
- Have youth call to book their own health-care appointments and use a calendar to record dates
- Discuss youth's need for financial assistance and how to apply, if eligible
- Explore youth's current insurance coverage, how to submit claims and options for additional coverage

Teach

- Discuss youth's diagnoses, allergies, treatments and medical history, and what they can expect moving into adulthood
- Create a list of youth's medications and supplements, how they are taken, reasons for taking them and any potential side effects
- Practice how to fill their prescriptions and pre-plan prescription refills
- Show them how to access test results and medical records
- Assist youth in applying for eligible financial support and know where to go for help with applications
- Create a safe space to discuss lifestyle choices (adequate sleep, nutrition, activity and substance use) and the effects on their medications and diagnoses
- Educate on right to privacy, confidentiality and decision making after age 18 and other substances
- Explain specific issues affecting sexual activities, fertility and childbearing
- Assist youth in applying for eligible financial supports and know where to go for help with applications

