

HEALTH CARE TRANSITION – SKILLS CHECKLIST

Use this Health Care Transition Checklist (HCT) to evaluate your pediatric patient's skill level in managing their own health care needs. Responses can also help you identify at-risk patients, create a detailed transition plan, effectively communicate with a patient's new Provider(s), and provide patient education to empower them and their parents/caregivers during this change. Not all skills listed below apply to all patients. Consider involving Case Managers, Service Coordinators, or Transition Specialists to support HCTs for patients with complex needs. And be sensitive to cultural factors that may impact your patient's understanding.

PLEASE CHECK THE BOX NEXT TO THE ANSWER THAT BEST APPLIES RIGHT NOW.

HEALTH CARE SKILL	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Patient can name their disability, learning difference, medical, or mental health diagnosis (e.g., diabetes, depression)					
Patient can name 2-3 people who can help them in a medical emergency					
Patient prepares questions to ask before a doctor's visit					
Patient asks the doctor's office for accommodations, as needed					
Patient knows how to get to doctor's office or request transportation					
Patient can schedule their own appointments					
Patient knows what medication(s) they take, including how much and when					
Patient knows how to request refills on medication(s), as needed					
Patient can list any allergies					
Patient knows where to go to get care depending on their needs (e.g., PCP, specialist, urgent care, therapist/counselor, ED)					
Patient knows the name(s) of their doctor(s) and how to reach them					
Patient knows basic information about their health insurance coverage and carries health information with them (e.g., health insurance card)					
If health insurance coverage will change based on their age, patient is aware of next steps and who to call to get help					
Patient knows how to find a new doctor if they age out of care or are unhappy with the care they are receiving					