

Transition Readiness: Patient Checklist



Advocate

- I know the differences between paediatric and adult care
- I can explain my health condition, medical history, allergies and treatment plan
- I feel comfortable meeting with my health care team, asking questions and expressing my concerns
- I keep track of symptoms and seek help when there are unusual changes or reactions
- I share information about my lifestyle choices (nutrition, activity, sleep) and have discussed how using substances (alcohol, vaping, marijuana) can affect my health and interact with my medications
- I understand what it means to be informed and consent to treatments and procedures
- I feel confident in my ability to manage my own health care

Connect

- I have family members and friends who support me
- I know how to get the help I need if I feel anxious or depressed
- I connect with friends, peers and mentors with shared experiences
- I know my options for school-related support and medical accommodations
- I have a Social Insurance Number (SIN)
- I have the contact information for my health-care team
- I have a family doctor I visit yearly

Teach

- I know the names and doses of my medications, understand why I take them, and their potential side effects
- I remember to take my medications and complete my treatments on my own
- I know how to call to make appointments and keep track of them in my calendar
- I can get to my appointments and plan for accommodations, if needed
- I refill my prescriptions at the pharmacy before they run out
- I have my Health Card and proof of insurance/benefits
- I can obtain test results and access my medical records
- I know how my condition affects my sexual functioning and how to prevent sexually transmitted infections (STIs) and pregnancy
- I know my right to privacy, confidentiality and decision making when I turn 18