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Transitions – Changing Role for Families

| Health & Wellness 101 The Basics | Yes my child/ youth can do this | I want my child/ youth to do this | I need to learn how to teach my child/ youth | Someone else will have to do this for my child/youth Who? |
|---|--|--|--|--|
| 1. My child/youth understands his/her health care needs, and disability and can explain needs to others. | | | | |
| 2. My child/youth can explain to others how our family's customs and beliefs might affect health care decisions and medical treatments. | | | | |
| 3. My child/youth carries his/her health insurance card with him/her. | | | | |
| 4. My child/youth knows his/her health and wellness baseline (pulse, respiration rate, elimination habits). | | | | |
| 5. My child/youth tracks appointments and prescription refills expiration dates. | | | | |
| 6. My child/youth call to make his/her own doctor appointments. | | | | |
| 7. Before a doctor's appointment my child/youth prepares written questions to ask. | | | | |
| 8. My child/youth is prepared to see the Doctor by him/her self. | | | | |
| 9. My child/youth orders his/her own prescriptions. | | | | |
| 10. My child/youth carries his/her important health information everyday (i.e.: medical summary, including medical diagnosis, list of medications, allergy info., doctor's / drug store numbers, etc.). | | | | |
| 11. My child/youth helps file medical records and receipts at home. | | | | |
| 12. My child/youth pays co-pays for his/her medical visits. | | | | |
| 13. My child/youth co-signs the "permission for medical treatment form" (with or without signature stamp, or can direct others to do so). | | | | |
| 14. My child/youth knows his/her symptoms that need quick medical attention. | | | | |
| 15. My child/youth knows what to do if they have a medical emergency. | | | | |
| 16. My child/youth knows how to monitor medical equipment so it's in good working condition (daily and routine maintenance). | | | | |
| 17. My child/youth and I have discussed a plan to be able to continue healthcare insurance after they turn 18. | | | | |