

Getting ON TRAC: Transition Activities

Being a Team Player

Plan ahead. Think about all the questions you have had since your last appointment. Put them in your phone or a journal.

Write stuff down. Have your questions or concerns written down in a place easy to get to during the appointment. Leave space to write down the answers you receive (make sure your pen is working or put them right into your phone or tablet).

Be a team player. Remember to communicate clearly and politely. Expect the same from your health care providers. If something is unclear, keep asking until you understand the answer. You have every right to get **ALL** the information you need. Being open and honest with yourself is an essential part of winning the respect of others.

Everyone is different. Some professionals will seem cool and distant, others will be warm and comforting. Learn about your care providers - who to rely on for what?

The best bet is YOU. You are the best person to look after your own interests. You need to be in control of your health and personal life goals. If you know what you want to do with your life, health care providers can help direct you to the best treatment plans to make sure you achieve your goals.

*More ideas from:
The PACER Center, Minneapolis, Minnesota*

