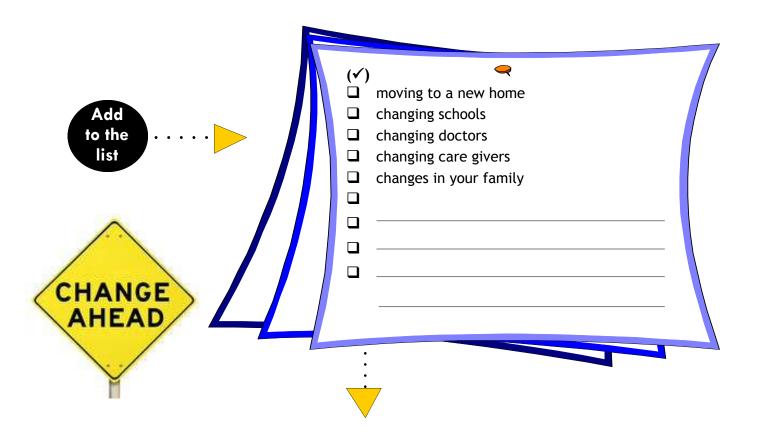
Getting ON TRAC: Transition Activities

Changes

Making a change is often difficult but you've done it before. Think about other big changes in your life and how you got through them.

Check off any changes you have already handled.



What did you do to make the change go well? Are there things you can learn from these changes? Make a note of something you learned about change that you can apply to the change to adult health care.]
	- - -
How did your family / friends help you cope with these changes?	1



