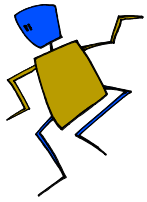


Checking It Out



Take a trial run

If you are feeling a bit nervous about making the move to a new physician and adult team, you might want to check it out ahead of time, even before you leave your current clinic.

EXERCISE: *Make a map of how to find your Adult Clinic or print off from Google Maps*

How will you get there? _____

How much will it cost? _____

GO FOR IT!

How did it go? _____

What did it look like? _____

How was it different from your pediatric office / centre? _____

What will you do differently next time? _____

