

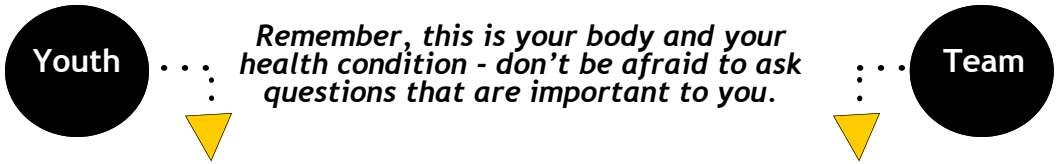
Getting ON TRAC: Transition Activities

Go Ahead and Ask!



EXERCISE: Becoming informed about your health condition takes time. Some of the words you need to know are huge and very difficult to say. Ask people to explain things in words you can understand.
The easiest way to remember your questions, and the answers, is to right them down. Write them into your Notes app in your smart phone—then take your phone to your appointments so you can write down the answers!

Write down your questions whenever you think of them - then write in the answers when they are received.



Date	My Question	Who did I ask?	Answer