

# PARENT & FAMILY CHECKLIST

## TRANSITIONING RESPONSIBLY TO ADULT CARE

A GUIDE FOR PARENTS/FAMILIES TO SUPPORT THEIR YOUTH (12-24 YEARS OF AGE) IN THE PLANNING AND PREPARATION FOR ADULTHOOD AND ADULT HEALTH CARE.

YOUTH VARY IN THEIR ABILITY AND READINESS FOR ADULT CARE - REQUIRING ASSISTANCE WITH SOME OR ALL OF THESE SKILLS AS THEY MAKE THE JOURNEY TO ADULTHOOD.

[WWW.ONTRACBC.CA](http://WWW.ONTRACBC.CA)

MARK EACH BOX WITH THE APPROPRIATE SYMBOL

DONE

N/A NOT APPLICABLE

TO DO

## TEAM

	Identify family members, friends and others to support youth in health care visits and transition
	Visit their Family Physician twice a year for primary health care; ongoing care management, referrals, prescription refills, birth control or counseling
	Identify Adult Specialist(s) and allied health professionals; how often to see them, and for what

## VOICE

	Name and describe youth's health condition(s)
	Ask questions and seek out health care and transition information
	Identify signs and symptoms of becoming sick and/or complication(s)
	Aware of possible late effects of condition(s) and/or treatments
	Understand the change in access to information, decision-making and providing consent as youth reaches adulthood

## ACTION

	Determine their ability and expectations for self-care or directing others
	Know allergies to medications, food and/or other
	List medications, how taken, reasons for them and any side effects
	Know how to fill medication(s) prescriptions
	Know reasons for tests and how to access results
	Have an emergency plan - who to call for what
	Plan for booking and getting to health care appointments
	Keep a personal health care record with copies of letters, reports and assessments

## CONNECTIONS

	Identify parent/family concerns for transition
	List ways family and others can help with transition planning
	Participates in activities, recreation, camps and sports outside of school
	Talk about friendships and safe relationships free from bullying (in person or online)
	Connect with friends, peers and mentors with common interests
	Talk about worries, stresses, anxiety, depression and/or sleeping disturbances
	Aware of workshops about transition and planning for adulthood

