

## Transitions

### Managing My Own Health Care

How well do I manage my own health care?

Please circle Yes or No

1. I know my height, weight, birth date, and social security number.

Yes    No

2. I know the name of my condition, can explain my special health care needs, and can tell you about my health status.            Yes    No

3. I know who to call in the case of an emergency.            Yes    No

4. I ask questions during my medical appointments.            Yes    No

5. I respond to questions from my health care providers.    Yes    No

6. I know what kind of medical insurance I have.            Yes    No

7. I know the names of my medications and what they do.    Yes    No

8. I know how to get my prescriptions refilled.            Yes    No

9. I know where to find my medical records.            Yes    No

10. I have discussed the use of tobacco, alcohol, and drugs with my provider.            Yes    No

11. I have discussed sexuality issues with my provider.    Yes    No

12. I know how to get birth control and protection from sexually transmitted diseases.            Yes    No

13. I know how to schedule a medical appointment            Yes    No

14. I keep a schedule of my medical appointments on a calendar.

Yes    No

15. I can get myself to my medical appointments.            Yes    No

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### Scoring

If you answered **Yes** to:

#### **11-15 Statements**

Super! You are already taking on adult responsibilities. You are ready to transition your health care and should speak with your health care providers about a transition plan.

#### **6-10 Statements**

You are on your way. You are actively taking on many responsibilities in your health care. Pick a few more responsibilities from the checklist to do for your next appointment. Also, start talking about transitions with your health care providers.

#### **5 or Lower Statements**

Now is a good time to start taking on more responsibility in your health care. Pick one new responsibility from the checklist and practice it at your next appointment. If you need help, ask a friend, parent, nurse, social worker, or doctor.

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