



HEALTH CARE SKILLS CHECK LIST-Teens/ Young Adults

Use this list as a guide to develop independence in managing your own health. Look below- what skills do you already have, and what do you need to learn? You can fill this out on your own or with the help of doctors/ or family members. If you recognize areas requiring clarification or more information, call the CCS office to discuss with your nurse case manager or social work intern at (530) 895-6546.

Topics	I do this alone	I can do with help	I need help to do better	Don't need to know
Understand my health care needs/ disability; can explain it				
Explain how my customs & beliefs might affect health care decisions & is for treatments				
Carry my own health insurance card everyday				
Know signs I am not well; know signs of a medical emergency				
Know my medications and what they are for				
Order my own medication refills				
Call to schedule my own medical/ dental appointments				
Track my own appointment and prescription refill dates, keep medical records and receipts				
See my doctor by myself (or I know I can if I want to)				
Before a doctor's appointment, I write down questions I have				
Co-sign the "permission for medical treatment" form or can direct others to do it for me				
Arrange transportation to my				

Topics	I do this alone	I can do with help	I need help to do better	Don't need to know
appointments				
Pay my co-pays for medical visits and prescriptions				
Know about sexual health and safety, or know where to get this information and services				
Keep track of my own medical supplies and equipment; know how to get refills and repairs				
Have a plan for medical insurance after I turn 21				
Know where I to go for doctors/ health care after I turn 21				
Have a plan to manage my health needs while I go to school or work				
Know where to go for counseling if I need it				
Know where to get information about support services and recreation/ social activities				

Adapted from the Adult Metabolic Transition Project, University of Washington and HTRW National Resource Center by A.V.-CCS Alameda County 9230/13.



HEALTH CARE SKILLS CHECK LIST-Families/Caregivers

This list can be used as a guide to help your child develop independence in managing their own health. Look below- what skills does your child already have, and what do they need to learn? Depending on their ability level, these health care responsibilities should be taught to your child before they leave pediatric health care and enter the adult medicine world. If you recognize areas requiring clarification or more information, call the CCS office to discuss with your nurse case manager or social work intern at (530) 895-6546.

Topics	My child does this alone	My child does this with help	My Child Needs to learn	My child does not need to know
Understands their health care need or disability and can explain it to others				
Explains to others how their family customs & beliefs might affect health care decisions and medical treatments				
Carries their own health insurance card everyday				
Knows signs (like pulse, breathing rate, dizziness); they are having a medical emergency				
Knows their medications & what they are for				
Orders their own medication refills				
Schedules own medical/ dental appointments				
Tracks own appointment and prescription refill dates, they keep records				
Is prepared to see their doctor by themselves				
Prepares questions before a doctor's appointment				
Arranges transportation by themselves to appointments				
Pays co-pays for medical visits and prescriptions				

Topics	My child does this alone	My child does this with help	My Child Needs to learn	My child does not need to know
Has access to appropriate sexual health and safety information and services				
Monitors their own medical and equipment; and I know how to get refills and repairs				
My child and I have discussed a plan for medical insurance after they turn 21				
My child and I have discussed where they will get health care after turning 21				
Knows how to manage health needs while at school or work				
Has access to counseling support				
Has access to support services and recreation/ social activities				

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