

Well on Your Way

Helping Youth Transition to Adult Healthcare



My Plan – Dependent Youth

Are there things you are doing for your child that they could be doing for themselves?

If so, think about what your child could learn to do for themselves in the next week, month, or year and make a plan on how you will help your child learn this skill!

This _____ (insert week/month/year)	
My child will learn to:	
How will my child learn this?	
Who can help or support me or my child to do this?	

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My child will learn to:	
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