

# Well on Your Way

Helping Youth Transition to Adult Healthcare



## My Plan

Are there things your family is doing for you that you could be doing for yourself?

---

---

---

If so, think about what you could learn to do for yourself in the next week, month, or year and make a plan on how you will do it!

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

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