

# Well on Your Way

Helping Youth Transition to Adult Healthcare



## Transition Readiness Checklist for Parents

Your child is growing up and will be moving to adult care at 18. Are you and your child well on your way to being ready for this change? This checklist can help you learn if there are areas where you could be better prepared and your child more independent.

If there is an area you would like to work on with your child, put a ✓ in the box to the left, click the links within that area for information about where to start, and use [My Plan](#) to keep track of your goals.

### Managing Your Child's Health

✓		Yes	In Progress	N/A
	My child knows or has a summary of their condition, medication & treatment plan in case of an emergency – <a href="#">Keeping Track of Health Information</a> ; <a href="#">Understanding Your Medical Condition</a>			
	My child knows or carries their personal health insurance information and/or health benefits card – <a href="#">Health Insurance</a>			
	My child knows how to prepare for a natural disaster or emergency – <a href="#">AHS Disaster Resources</a>			
	When needed, my child has an advocate who can speak up for them – <a href="#">Making Your Own Decisions</a>			
	My child has someone who will help with health management if family is not available – <a href="#">A Health Care Advocate</a>			
	My child has a family doctor or nurse practitioner that they like and will continue seeing as an adult – <a href="#">Finding a Family Doctor</a>			
	My child sees their family doctor or nurse practitioner at least once a year for checkups – <a href="#">Finding a Family Doctor</a>			
	My child is comfortable talking with healthcare providers and asking them questions – <a href="#">Talking with Your Healthcare Providers</a> ; <a href="#">Questions to Ask Your Doctor</a>			
	My child meets with healthcare providers on their own – <a href="#">Talking with Your Healthcare Providers</a> ; <a href="#">Supported Decision Making</a>			
	I know the types of doctors and other healthcare providers my child will need to see as an adult – <a href="#">Healthcare as an Adult</a> ; <a href="#">Keeping Track of Health Information</a>			
	I know how to access support if my child is feeling anxious, depressed or has other mental health concerns – <a href="#">Youth Addiction and Mental Health – Help4Me</a> ; <a href="#">Anxiety Canada</a> ; <a href="#">Mental Health Literacy</a>			
	I know how my child's health benefits or insurance will change after they become an adult – <a href="#">Health Insurance</a>			

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	My child knows how to get their medication – <a href="#">How to Fill a Prescription</a>			
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Comments:

## Independent Living

✓		Yes	In Progress	N/A
	I know what resources and supports are needed and available for my child to move out on his or her own – <a href="#">Moving Out</a> ; <a href="#">Applying for Funding &amp; Supports</a>			
	I am aware of independent transportation options available for my child – <a href="#">Transportation</a>			
	My child knows how to get specialized equipment and supplies when needed for their health condition – <a href="#">Equipment &amp; Supplies</a>			
	My child knows how to maintain their equipment – <a href="#">Equipment &amp; Supplies</a>			
	My child and I know what we need to do to take care of their health if we want to travel – <a href="#">Travel</a>			
	My child knows if they are eligible for adult Home Care services, as well as how to arrange access and direct their care – <a href="#">Applying for Funding &amp; Supports</a>			

Comments:

## Financial & Legal Supports

✓		Yes	In Progress	N/A
	My child understands how to set up decision making support if they want additional help as an adult – <a href="#">Making Your Own Decisions</a>			
	I know what sources of funding and financial supports are available for when my child turns 18 – <a href="#">Applying for Funding &amp; Supports</a>			
	I know about the <a href="#">Disability Tax Credit &amp; Registered Disability Savings Plan</a>			
	My child knows how to manage money – <a href="#">Managing Your Money</a>			

Comments:

## Sexual Health

✓		Yes	In Progress	N/A
	I understand how my child's condition may be affected by puberty – <a href="#">Sexual &amp; Reproductive Health</a> ; <a href="#">Who To Ask About Sex</a>			
	My child has been given information on sexual health to meet their level of understanding – <a href="#">Teaching Sexual Health</a> ; <a href="#">Talking With Your Child About Sex</a>			
Comments:				

## Parent/Guardian/Family

✓		Yes	In Progress	N/A
	I understand my child's right to confidentiality and to informed consent – <a href="#">Confidential Healthcare for Youth</a>			
	I know who can help me cope with personal life changes during my teen's transition – <a href="#">Parent Well-Being</a>			
	I'm working with my child on goals for the future – <a href="#">Getting Your Child Ready for Adult Healthcare</a>			
Comments:				

## Education and Vocation

✓		Yes	In Progress	N/A
	My child goes to a school that meets their needs			
	I know how my child's health condition may impact plans for future education and/or employment – <a href="#">Understanding Your Medical Condition</a>			
	I know what choices for education or employment my child has after high school – <a href="#">Education</a> ; <a href="#">Finding a Job</a>			
	My child knows why and how to register for accessibility and support services at post-secondary school – <a href="#">Education</a>			
	I know how to help my child find suitable volunteer or work opportunities – <a href="#">Finding a Job</a>			
	I know what resources and supports are available in the community to help my child prepare for and/or maintain employment – <a href="#">Finding a Job</a> ; <a href="#">Local Resources</a>			
Comments:				

## Recreational and Social Supports

✓		Yes	In Progress	N/A
	My child understands what a good friend is – <a href="#">Relationships</a> ; <a href="#">Fact sheet: healthy relationships</a>			
	My child has at least one good friend			
	My child is involved in activities that they like and will continue to do as an adult			
	I know about resources that can support my child's and my understanding of what is available in adult services – <a href="#">Local Resources &amp; Events</a>			
Comments:				

## Healthy Lifestyle

✓		Yes	In Progress	N/A
	My child is involved in physical activities that will help them stay strong and flexible – <a href="#">Design Your Own Exercise Routine</a> ; <a href="#">I'm Bored-There Is Nothing To Do</a>			
	I encourage a balanced diet to support growth, development and activities – <a href="#">Tips for healthy eating</a> ; <a href="#">Healthy Eating for Teens</a> ;			
	My child is able to grocery shop and prepare healthy meals – <a href="#">Top 10 ways to get teens cooking</a> ; <a href="#">Inspiring Healthy Eating</a>			
	I am concerned about my child because they are participating in risky behaviour such as smoking, alcohol, drugs – <a href="#">Teen Risk Taking: Tips for Parents</a> ; <a href="#">Youth Substance Use: Information for Parents</a> ; <a href="#">Family Talk About Drinking</a>			
Comments:				