



Transition to Adult Healthcare Guideline for Independent Youth

This guideline identifies tasks that could help when transitioning to adult healthcare for youth likely to live independently as adults. **Each age range lists new tasks to do in addition to the items in the previous age range.** Some youth may be ready to do these tasks earlier, while others may start at a later age. **Not all tasks are applicable to everyone.** Some activities may need parent involvement or supervision. However, the goal is to promote youth independence as much as possible.

At around ages 12-14

At around ages 14-16

At around ages 16-17

At around age 17+

APPLY FOR:

- ☐ [Social Insurance Number \(SIN\)](#)
- ☐ Bank Account

- ☐ Government issued [Driver's License](#) or [photo ID](#)
- ☐ An [Alberta.ca Account](#)

LEARN ABOUT:

- ☐ Your [medical condition](#), allergies, [medications](#), [treatments](#), and prognosis
- ☐ [Talking to your healthcare team](#)
- ☐ How caregiver [roles change](#) with the transition to adult healthcare
- ☐ Support groups, volunteer opportunities, and [connections with other youth](#) transitioning to adult healthcare
- ☐ [Healthy lifestyle choices](#)
- ☐ [Public and/or accessible transportation](#)
- ☐ [Mental health](#)
- ☐ [Sexuality and reproductive health](#)
- ☐ [Socialization](#) and [recreation](#) opportunities
- ☐ [Self-advocacy](#)
- ☐ [Confidentiality](#), [informed consent](#) and your [patient rights](#)
- ☐ [Money management](#)
- ☐ Personal safety (e.g. [technology](#), [social media](#), and [cyber safety](#))

- ☐ How your [medical condition](#) can affect your future independence. For example:
 - ☐ [Driving](#)
 - ☐ [Living on your own](#)
 - ☐ [Education](#)
 - ☐ [Working](#)
 - ☐ [Volunteering](#)
 - ☐ Adaptations for daily activities (e.g. cooking, household chores, etc.)
- ☐ How your [medications](#) can react with other medications, street drugs and alcohol
- ☐ [Community resources](#) that support transition to adulthood

- ☐ [Differences](#) between pediatric and adult care
- ☐ Changes to [health insurance](#) when you turn 18
- ☐ Budgeting and [managing your money](#)
- ☐ [Living away](#) from home
- ☐ Options for post-secondary [education](#) and available supports
- ☐ Medical [equipment or supplies](#)
- ☐ Making your own [healthcare decisions](#)
- ☐ Adult [Home Care](#) –e.g. Vendor Services or [Self-Managed Care \(SMC\)](#)
- ☐ [Adult Funding](#)

- ☐ Adult [health insurance benefits](#)**
- ☐ [Adult Funding](#)**
- ☐ Post-secondary [education and support](#)
- ☐ [Scholarships and bursaries](#)
- ☐ Adult [Home Care](#)** – Complete orientation if doing [Self-Managed Care \(SMC\)](#)
- ☐ [Supported Decision-Making](#)
- ☐ [Education](#), [employment](#), and/or [volunteer opportunities](#)

- ☐ Where your care is being transferred
- ☐ What to do if you have health concerns or questions during transfer of care
- ☐ [Community agencies, programs and services](#)
- ☐ [Advance care planning](#) with your healthcare team
- ☐ [Personal directives](#)
- ☐ [3-Sentence Summary](#)

PREPARE BY:

- ☐ Completing the [Transition Readiness Checklist for Youth](#) or [Parent](#) each year
- ☐ [Organizing health information](#)
- ☐ Finding a [family doctor](#)
- ☐ Helping with meals, grocery shopping and household chores
- ☐ [Answering/asking questions](#) at your clinic visits
- ☐ Signing up for a [Transition Information Session](#)
- ☐ Participating in medical decisions

- ☐ Setting up a routine to take your [medications](#)
- ☐ Having an appointment with your family doctor at least once a year
- ☐ [Keeping track](#) of important health information
- ☐ Spending some clinic time [talking to your doctor](#) on your own
- ☐ Confirming that your family doctor is receiving all relevant medical reports

- ☐ Updating your [medical equipment](#)
- ☐ Ensuring final pediatric clinic visits are scheduled
- ☐ Consulting the [doctor on your own](#)
- ☐ Filling or refilling your [prescriptions](#)
- ☐ Practicing activities of daily living, such as making your own appointments or ordering a pizza

- ☐ [Booking](#) your own adult clinic appointments
- ☐ [Preparing](#) for your clinic visits
- ☐ Attending appointments by yourself or taking the lead during your appointments
- ☐ Creating a [personal directive](#)
- ☐ Requesting copies of most recent pediatric reports, physician letters and medical transfer summaries
- ☐ Using an adult-oriented [healthcare journal](#)