

TRANSITION TO ADULT CARE DEVELOPMENTAL ACTIVITIES CHECKLIST

Please Note:

The following checklist is related to the child's developmental age and/or ability. These recommendations are based on issues related to transition to adult health care, career/work, finances, personal goals, and socialization.

PARENTS/GUARDIANS ARE INFORMED OF THE NEED TO:

BIRTH – 3 YEARS OLD:

	Care Coordinator Initials and Date			
	Introduced	Reinforced	Completed	Not Applicable
Talk with your child about his/her condition and abilities.				
Allow child to assist with activities.				
Allow child enough time to complete tasks.				

3 – 5 YEARS OLD:

Encourage child to participate in self-care.				
Teach child about special health care needs.				
Help child interact socially in various settings.				
Assign chores or responsibilities particular to them.				

6 – 12 YEARS OLD:

Continue to teach your child self-care skills while addressing his/her special needs.				
Allow your child to relate his/her experiences about their disability .				
Continue to assess your child's knowledge of his/her disability and provide additional information.				
Encourage his/her attempts to participate in self-care .				
Help your child to interact with health care providers (allow him/her to speak directly to the doctor, nurse, or therapist).				
Allow your child to participate in decision-making by offering choices.				
Continue to assign appropriate chores or household duties that affect themselves and entire family.				
Talk about career options, interests, abilities related to career choices.				

13 – 18 YEARS OLD:

Continue to assist and encourage your teen's attempts to do self-care.				
Discuss sexuality with your teen, including how his/her disability may affect future health, career options, marriage, and the ability to have children.				
Continue to assess your teens knowledge and perception of his/her disability, while providing additional information as needed.				
Discuss a plan for adult living including health care services. Begin to look for adult care providers while allowing your teen to participate in the decision-making process. Discuss adult health care financing with your teen.				

PARENTS/GUARDIANS ARE INFORMED OF THE NEED TO:**13 – 18 YEARS OLD:
Continued**

	Care Coordinator Initials and Date			
	Introduced	Reinforced	Completed	Not Applicable
Obtain information about your teen's state vocational rehabilitation program and school transition program.				
Apply for SSI and Medicaid, if appropriate, at age 18, if previously denied for financial reasons.				
Encourage your teen to do volunteer work or find part-time employment.				
Encourage your teen to speak freely with health care providers.				
Continue to assign chores and discuss the importance of family responsibilities.				
Help your teen keep a record of appointments, medications, medical history (surgeries, treatments, hospitalization, allergies).				
Allow your teen to make his/her own appointment, call for medication refills and supplies.				
Teach your teen how to have medical information sent.				

19 YEARS AND OLDER:

Assist the young adult with finalizing adult health care financing and insurance options.				
Identify an adult health care provider with your young adult.				
Assist your young adult to schedule an appointment with adult care provider while still under pediatric care to assure that the transfer to adult care will be uninterrupted and complete.				
Transfer medical record to the adult care provider.				
Remain as a resource, support system, and safety net for your young adult as he/she assumes the responsibility of self-care.				

Name/Initials/Date:
