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Life Span Skills for Health: Transition Basics

Knowledge, Skills and Abilities for Changing Roles

- For Providers

<i>Fear or Anxiety</i>				
Fear=Emotional response to perceived threats, danger. Anxiety = uneasiness, apprehension or worry.				
<i>Knowledge</i>				
What do YOU and your patient need to know to understand and be able to share with others.				
<i>Skills</i>				
Physical (<i>fine motor, gross motor</i>) or Mental (<i>communication, thinking, organizing</i>) skills needed to complete the task.				
<i>Abilities</i>				
Able to demonstrate "I can do this"- range: some may need a prompt, others may need a "cheat sheet" and others after practice go can this independently.				
Life Span Skills for Health	Yes my patient can do this	I want my patient do this	I need to learn how to teach my patient	Someone else will have to do this for my patient Who?
1. My patient understands his/her health care needs, and disability and can explain needs to others.				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				
2. My patient can explain to others how our family's customs and beliefs might affect health care decisions and medical treatments.				
<i>Fear</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				

Life Span Skills for Health

Yes
my
patient
can do
this

I want
my
patient
do this

I need
to learn
how to
teach my
patient

Someone else
will have to do
this for my
patient
Who?

3. My patient carries his/her health insurance card with him/her

Fear or Anxiety

Knowledge

Skills

Abilities

4. My patient knows his/her health and wellness baseline (pulse, respiration rate, elimination habits)

Fear or Anxiety

Knowledge

Skills

Abilities

5. My patient tracks appointments and prescription refills expiration dates

Fear or Anxiety

Knowledge

Skills

Abilities

6. My patient call to make his/her own doctor appointments

Fear or Anxiety

Knowledge

Skills

Abilities

Life Span Skills for Health

	Yes my patient can do this	I want my patient do this	I need to learn how to teach my patient	Someone else will have to do this for my patient Who?
7. My patient calls in his/her prescriptions refills				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				
8. Before a doctor's appointment my patient prepares written questions to ask.				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				
9. My patient is prepared to see the Doctor by him/her self.				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				
10. My patient carries his/her important health information everyday (i.e.: medical summary, including medical diagnosis, list of medications, allergy info., doctor's / drug store numbers, etc.)				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				

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11. My patient helps file medical records and receipts at home				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				
12. My patient pays co-pays for his/her medical visits				
<i>Fear</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				
13. My patient co-signs the "permission for medical treatment form" (with or without signature stamp, or can direct others to do so)				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				
14. My patient knows his/her symptoms that need quick medical attention.				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				

Life Span Skills for Health	Yes my patient can do this	I want my patient do this	I need to learn how to teach my patient	Someone else will have to do this for my patient Who?
15. My patient knows what to do if they have a medical emergency				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				
16. My patient knows how to monitor medical equipment so it's in good working condition (daily and routine maintenance)				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				
17. My patient and I have discussed a plan to be able to continue healthcare insurance after they turn				
<i>Fear or Anxiety</i>				
<i>Knowledge</i>				
<i>Skills</i>				
<i>Abilities</i>				

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