

WHAT IS TRANSITION?

Health Care Skills Checklist

Print this chart. Use it to decide which category best fits each skill for you.

Skill	I can do this independently	I can do this with some help	I need to practice this	I plan to start working on this	Comments
Can describe my medical condition to health care providers					
Can explain the implications of my condition on daily life					
Can access my medical records, diagnosis information					
Can prepare and ask questions for doctors, nurses, nutritionists, and therapists					
Can explain my medications and what they're for, or carry information					
Can take my medication					
Can do my own treatments					
Can manage my diet					

Skill	I can do this independently	I can do this with some help	I need to practice this	I plan to start working on this	Comments
Can call to schedule own medical/dental appointments					
Can keep a calendar of my medical and other appointments					
Can explain how to arrange transportation to medical appointments					
Can explain how to use and read a thermometer					
Can explain "danger signs" of my condition and when to seek medical care					
Can dial health emergency telephone numbers, or carries information					
Can dial medical coverage numbers, or carries information					
Can explain about medical insurance coverage and carries an insurance card					
Obtains sex education materials/birth control/ family planning information as needed					
Can explain the role of general health maintenance					

Skill	I can do this independently	I can do this with some help	I need to practice this	I plan to start working on this	Comments
Has considered genetic counseling if appropriate					
Can explain how drugs/alcohol affect my illness/disability					
Has made contact with appropriate community advocacy organizations					
Takes care of own menstrual needs and keeps a record of monthly periods					
Has considered the need for a health advocate					
Has identified a physician for adult care and contacted their office.					
Can explain how to hire and manage a personal care attendant					