



Transition Skills Checklist

Ages 15-17

(Transition Skills to be added to the 12–14 Checklist)

	Yes	Almost	No
General Information			
My parents and I keep a personal health record, such as the IDF eHealthRecord.			
I carry a medical summary, such as the ICE report from the IDF eHealthRecord.			
Medications and Treatment			
I can explain why each medication is necessary, the result of not taking it as prescribed, its side effects and the management of side effects.			
I can select medication for a minor illness, such as a headache.			
I can refill a prescription.			
I can list medical tests that need to be completed regularly and make sure they are scheduled.			
Medical Appointments			
I answer many questions during a medical appointment.			
I ask many questions during a medical appointment.			
I spend most of the time alone with the healthcare provider during a medical appointment.			
I decide with my parents and healthcare providers about the medications and treatments I need.			
I can contact the appropriate healthcare providers to tell them about changes in my health.			
Understanding the Healthcare System			
I can explain the difference between a specialist and primary care physician.			
I can explain legal rights and responsibilities available to me when I am 18.			
I can explain how my health insurance works (provider network, deductible, co-pays).			
Healthcare Transition			
I know if any of my healthcare providers will only treat me until I am 21.			
I have talked to my parents and healthcare providers about things I should think about if I need to see new providers when I'm an adult.			
I have identified some healthcare providers that will care for me when I'm an adult.			
I have talked to other teens and young adults about their healthcare transition experience.			