



Transition Skills Checklist

Ages 18 and Up

(Transition Skills to be added to the 12–14 & 15-17 Checklists)

	Yes	Almost	No
General Information			
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 understand and/or arrange payment for my medications, equipment and treatments.			
Medical Appointments			
I check myself in at appointments and provide my insurance card.			
I answer all questions during a medical appointment.			
I ask the questions during a medical appointment.			
I am alone or choose who attends a medical appointment with me.			
I decide with the healthcare provider about the medications and treatments I need.			
I locate and share healthcare information with my providers and in making decisions about my care.			
I sign medical consent forms.			
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 have decided which things I should consider when selecting a new healthcare provider.			
If necessary, I have transitioned to a new healthcare provider.			
If necessary, I have shared medical information with a new provider.			