

Alameda County CCS HEALTH CARE SKILLS CHECK LIST-Teens/ Young Adults

This list can be used as a guide to develop independence in managing your own health. Look below- what skills do you already have, and what do you need to learn? You can fill this out on your own or with the help of doctors and/or family members.

Topics	I do this alone	I can do with help	I need help to do better	Don't need to know	What action(s) needed?
I understand my health care need or disability and can explain it to others					
I can explain to others how my family customs & beliefs might affect health care decisions and medical treatments					
I carry my own health insurance card everyday					
I know signs I am not well (like pulse, breathing rate, dizziness); I know when I am having a medical emergency					
I know my medications and what they are for					
I order my own medication refills					
I call to schedule my own medical/ dental appointments					
I track my own appointment and prescription refill dates, I keep medical records and receipts from appointments					
I see my doctor by myself (or I know I can if I want to)					
Before a doctor's appointment, I write down questions I have					
I co-sign the "permission for medical treatment" form or can direct others to do it for me (signature, stamp, or 'x')					
I arrange transportation to my appointments					
I pay my co-pays for medical visits and prescriptions					
I know about sexual health and safety, or I know where to get this information and services					
I keep track of my own medical supplies and equipment; and I know how to get refills and repairs					
I have a plan for medical insurance after I turn 21					
I know where I to go for doctors/ health care after I turn 21					
I have a plan to manage my health needs while I go to school or work					
I know where to go for counseling if I need it					
I know where to get information about support services and recreation/ social activities					

Adapted from the Adult Metabolic Transition Project, University of Washington and HTRW National Resource Center by A.V.-CCS Alameda County 9230/13



Alameda County CCS HEALTH CARE SKILLS CHECK LIST-Families/Caregivers

This list can be used as a guide to help your child develop independence in managing their own health. Look below- what skills does your child already have, and what do they need to learn? Depending on their ability level, these health care responsibilities should be taught to your child before they leave pediatric health care and enter the adult medicine world.

Topics	My child does this alone	My child does this with help	My Child Needs to learn	My child does not need to know	What action(s) needed?
My child understands their health care need or disability and can explain it to others					
My child can explain to others how my family customs & beliefs might affect health care decisions and medical treatments					
My child carries their own health insurance card everyday					
My child knows signs (like pulse, breathing rate, dizziness); they are having a medical emergency					
My child knows their medications and what they are for					
My child orders their own medication refills					
My child schedules own medical/ dental appointments					
My child tracks own appointment and prescription refill dates, they keep records					
My child is prepared to see their doctor by themselves					
Before a doctor's appointment, my child prepares questions					
My child signs the "permission for medical treatment" form or can direct others to do it (signature, stamp, or 'x')					
My child arranges transportation by themselves to appointments					
My child pays co-pays for medical visits and prescriptions					
My child has access to appropriate sexual health and safety information and services					
My child monitors their own medical and equipment; and I know how to get refills and repairs					
My child and I have discussed a plan for medical insurance after they turn 21					
My child and I have discussed where they will get health care after turning 21					
My child knows how to manage health needs while at school or work					
My child has access to counseling support					
My child has access to support services and recreation/ social activities					

Adapted from the Adult Metabolic Transition Project, University of Washington and HTRW National Resource Center by A.V- CCS Alameda County 9230/13

