

Health Care Transition Checklist

Ages 12-14		
Task	Date Discussed	Completed
Develop knowledge of your health care needs Youth should be able to: <input type="checkbox"/> describe medical condition(s) <input type="checkbox"/> name medication(s) <input type="checkbox"/> manage routine medical tasks		
Explore appropriate work and volunteer opportunities		
Answer questions during a health care visit		
If eligible, sign up for Agency for Persons with Disabilities Med Waiver		
Continue self-advocacy skills, especially with health care providers and teachers		
Ages 15-17		
Task	Date Discussed	Completed
Take responsibility for making medical appointments and getting prescriptions refilled		
Talk to medical providers during visits about age appropriate information regarding physical, emotional, and sexual development		
Begin thinking and talking about transition from pediatric to adult health care providers		
Discuss pediatrician's discharge age and plan for transition and transfer to adult care accordingly		
Keep a health record, including all medical paperwork		
Youth spend the majority of health care visits alone with the doctor		
Check in annually with APD regarding the waiver waitlist status		
Prior to 18th Birthday		
Task	Date Discussed	Completed
Finalize adult health care coverage		
Reapply for Medicaid benefits		
Reapply for SSI Benefits (17 years and 11 months)		
Make decisions about Power of Attorney or other Guardianship options		
Age 18+		
Task	Date Discussed	Completed
Transfer medical care from pediatric providers to adult providers		
Reapply for Medicaid Benefits		
Contact Vocational Rehabilitation to explore vocational assistance		
Explore living arrangements, education, and employment opportunities		
Make decisions regarding Power of Attorney or Guardianship		
Check in annually with APD regarding waiver waitlist status		
Transfer medications to local pharmacy (if moving or going away to school)		
If going to college, learn about health care coverage and health services provided on campus		