



Health Care Transition Skills Checklist



Learning and trying out life skills is an important step for students as they plan for moving into adulthood. The Health Care Transition Checklist can help youth and young adults (ages 14-25), their families, and IEP Team, build health care transition skills. If a youth or young adult can't fill out this form, they can complete it with the help of their family/caregiver. The list below does not include every skill, and all these skills may not apply to everyone. It is also important to remember that everyone is unique, and that health care transition needs are different for different students.

PLEASE CHECK THE BOX NEXT TO THE ANSWER THAT BEST APPLIES RIGHT NOW.

HEALTH CARE SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Can name your disability, learning difference, medical, or mental health diagnosis (example: diabetes, depression)					
Can name 2-3 people who can help with your health needs in an emergency					
Prepares questions to ask before a doctor's visit					
Asks the doctor's office for accommodations, as needed					
Knows how to get to doctor's office					
Makes your doctors' appointments					
Has a list of the medicine(s) you take					
Knows how much of medicine(s) to take					
Knows when to take medicine(s)					
Can read and follow medicine direction labels					
Requests refills on medicine, as needed					
Has a list of medicine allergies					
Has a list of food allergies					
Carries health information every day (example: health insurance card, emergency phone numbers)					
Knows the name(s) of your doctor(s)					
Knows how to contact your doctor(s)					

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