

# Is your teenager ready to move on to adult health services?

## Checklist for parents/carers

Before your son/daughter moves to the adult health care system it is wise to spend some time making sure they can manage their own health care needs to the best of their ability.

### Here are some questions that will help you assess how ready they are to move on

- Can my teenager describe their health condition to others?
- Does my teenager understand what their health issues may bring in the future?
- Does my teenager speak up for them self and tell others what they need?
- Does my teenager have a family doctor that they like, and will they continue to see them as an adult?
- Does my teenager know the doctors they will need to see as an adult?
- Does my teenager know they have rights to information about their condition?
- Does my teenager have a person that will help them with their health issues if we as a family cannot?
- Does my teenager, prepare and takes their medications as required?
- Does my teenager keep records of their health visits and medications?
- Does my teenager know who to contact to get help when they get sick?
- Does my teenager have a transition plan in place?

If you don't think your teenager can answer these questions you should spend sometime helping them find the answers. They can then start discussing their future with the health care team.

You can find more information about transition at these websites:

<http://www.health.nsw.gov.au/gmct/transition>

<http://www.chw.edu.au/site/directory/entries/transition.htm>



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