

TRANSITION READINESS CHECKLIST FOR TEENS

Use the following scale to rank your answers to the statements below:

1 = No Way 2 = I'm Thinking About It 3 = I Don't Know
4 = I'm Getting There 5 = I'm There - Got This One Done

	1	2	3	4	5	Comments
1. I can describe my chronic health condition to others						
2. I know what my health may bring in the future						
3. I speak up for myself - and tell others what I need						
4. I have a family doctor I like and will continue to see as an adult						
5. I know the types of doctors I will need to see as an adult						
6. I know I have the right to information about myself and my health						
7. I have a person who will help me with my health if my family cannot						
8. I prepare and take my own medications						
9. I do my own treatments as required						
10. I keep records of my health care visits and medications						
11. When I get sick I know how to get the help I need						
12. I plan how to take care of myself						
13. I take part in health care discussions that are about me						
14. I spend time alone with my health care provider at each visit						
15. When I visit the doctor I feel that I am able to ask my own questions about my health						
16. If I needed to, I would know how to get an appointment with my doctor						
17. If I needed to, I would know how to refill a prescription medication						



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18. I understand how my condition will affect the way I develop through puberty						
19. I have resources (other than my friends) who I can get sexual information from						
20. I know of ways to avoid risks to myself, like abuse, STD's or unwanted pregnancy						
21. I hang out with friends who believe in me and are good to me						
22. I am involved in clubs, groups, sports and activities that I like						
23. I am working towards something in school and/or work						
24. I am aware of the risks if I use alcohol, drugs or cigarettes						
25. I know the activities I am not to do because they put me at risk						
Additional Comments:						

Please complete both sides of the checklist

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Adapted with permission from B.C. Children's Hospital and the Hospital for Sick Children

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