



## Patients at 15 - 16 Years: Building Knowledge and Practicing Independence

- Carries medical information regarding condition and medications (purse, wallet, backpack, phone, etc).
- Knows which websites and books contains credible information about disease.
- Understands risks of medication non-adherence.
- Can contact pharmacy to get medication refills.
- Can make changes to medication/treatments as recommended by IBD healthcare team.
- Knows what can trigger flares.
- Is comfortable starting appointments unaccompanied.
- Answers questions during healthcare visits.
- Is comfortable talking with IBD doctor/nurse when they don't like or have trouble following a treatment plan.
- Knows other health services available (social worker, dietician, psychologist, and family doctor).
- Knows names and purposes of routine tests (blood tests).
- Knows will be transferred to adults gastroenterologist when turns 18.
- Knows how to balance social life with school and health care management.
- Knows what to do to cope with stress.
- Knows who to talk to if depressed.
- Understands impact of drugs, smoking and alcohol on condition.
- Knows how disease and/or treatment may impact sexual health.

## Patients at 17 Years and Older: Taking Charge

- Can explain how IBD affects digestive system and rest of body.
- Knows why each medication is taken and can prepare medication in advance to accommodate trips, vacations, and overnights.
- Knows what medications not to take as they might interact with current medication or might worsen disease.
- Knows when having flare-up and when to see a doctor.
- Knows how to get in touch with IBD nurse if questions or problems arise.
- Can schedule follow up appointments with gastroenterologist.
- Is comfortable asking my doctor/nurse why tests are required, whether there are other treatment options, the benefits and harms of various options, and the likelihood of them happening.
- Tell doctor/nurse if do not understand what they are talking about during medical appointments.
- Ideally would independently manage own healthcare (medications, immunizations, healthcare appointments, refill prescriptions and contact healthcare provider, etc.)
- Can communicate information about health insurance coverage and necessary steps to maintain coverage.