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## Transitions – Changing Role for Families

| <b>Health &amp; Wellness 101</b><br><b>The Basics</b>   | <b>Yes</b><br>my child/<br>youth<br>can do<br>this | I want<br>my<br>child/<br>youth<br>to do<br>this | I need to<br>learn<br>how to<br>teach<br>my<br>child/<br>youth | Someone<br>else will have<br>to do this for<br>my<br>child/youth<br><br>Who? |
|---|--|--|--|--|
| 1. My child/youth understands his/her health care needs, and disability and can explain needs to others.  |  |  |  |  |
| 2. My child/youth can explain to others how our family's customs and beliefs might affect health care decisions and medical treatments.   |  |  |  |  |
| 3. My child/youth carries his/her health insurance card with him/her.   |  |  |  |  |
| 4. My child/youth knows his/her health and wellness baseline (pulse, respiration rate, elimination habits).   |  |  |  |  |
| 5. My child/youth tracks appointments and prescription refills expiration dates.  |  |  |  |  |
| 6. My child/youth call to make his/her own doctor appointments.   |  |  |  |  |
| 7. Before a doctor's appointment my child/youth prepares written questions to ask.  |  |  |  |  |
| 8. My child/youth is prepared to see the Doctor by him/her self.  |  |  |  |  |
| 9. My child/youth orders his/her own prescriptions.   |  |  |  |  |
| 10. My child/youth carries his/her important health information everyday (i.e.: medical summary, including medical diagnosis, list of medications, allergy info., doctor's / drug store numbers, etc.). |  |  |  |  |
| 11. My child/youth helps file medical records and receipts at home.   |  |  |  |  |
| 12. My child/youth pays co-pays for his/her medical visits.   |  |  |  |  |
| 13. My child/youth co-signs the "permission for medical treatment form" (with or without signature stamp, or can direct others to do so).   |  |  |  |  |
| 14. My child/youth knows his/her symptoms that need quick medical attention.  |  |  |  |  |
| 15. My child/youth knows what to do if they have a medical emergency.   |  |  |  |  |
| 16. My child/youth knows how to monitor medical equipment so it's in good working condition (daily and routine maintenance).  |  |  |  |  |
| 17. My child/youth and I have discussed a plan to be able to continue healthcare insurance after they turn 18.  |  |  |  |  |