



This guideline identifies tasks that could help when transitioning to adult healthcare. Each age level lists new tasks to do in addition to the items in the previous age. Some youth may be ready to do these tasks earlier, while others may start at a later age. Some activities may need parent involvement. However, the goal is to promote youth independence as much as possible. **Not all tasks are applicable to everyone.**

Your Transition Contact Person is: _____ Name and Role and can be reached by _____ Phone and/or email

	At around ages 12-14 yrs	At around ages 14-16 yrs	At around ages 16-17 yrs	At around age 17+ yrs
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APPLY FOR:

- Social Insurance Number (SIN)
- Bank Account

- Government issued [photo I.D.](#) or [Driver's Licence](#)

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- Adult medical and dental [insurance](#)*
- [Adult funding](#)* (i.e. Assured Income for the Severely Handicapped – AISH)
- [Post-secondary education](#) and supports
- Scholarships and bursaries
- Attend orientation for [SMC Home Care](#)

LEARN ABOUT:

- Your [medical condition](#), allergies, [medications](#), [treatments](#), and prognosis
- [Talking to your healthcare team](#)
- How your [role changes](#) with the transition to adult healthcare
- Support groups, volunteer opportunities, and [connections with other youth](#) transitioning to adult healthcare
- Healthy lifestyle choices and [mental health](#)
- [Public transportation](#) and/or [Calgary Transit Access](#)

- How your medical condition can affect your future [independence](#) (i.e. work, ability to drive, living on your own and education)
- How [medications](#) can react with other medications, street drugs and alcohol
- [Confidentiality](#), informed consent, and your patient rights
- [Community resources](#) that support transition to adulthood (i.e. Children's Link)

- The [differences](#) between pediatric and adult care
- Changes to [health insurance](#) when you become an adult
- Budgeting and [managing your money](#)
- Living away from home
- Options for [post-secondary education](#) and available supports
- Medical equipment or supplies
- Making your own [healthcare decisions](#)
- Adult [Home Care](#) (i.e. Vendor Services versus [Self-Managed Care-SMC](#))

- Where your care is being transferred
- Healthcare options between your last pediatric and first adult appointments

PREPARE BY:

- Completing the [Transition Readiness Checklist for Youth or Parent](#) each year
- Creating a [MyHealth Passport](#) or [Health Journal](#) and updating it each year
- Finding a [family doctor](#)
- Helping with meals, grocery shopping and household chores
- Answering/[asking questions](#) at your clinic visits

- Setting up a routine to take your [medications](#)
- Attending a [transition workshop](#)
- Having an appointment with your family doctor at least once a year
- [Keeping track](#) of important health information
- Spending some clinic time [talking to your doctor](#) on your own
- Participating in medical decisions

- Updating your medical equipment
- Ensuring your last pediatric clinic visits are scheduled
- Confirming that your family doctor is receiving all relevant medical reports
- Consulting the [doctor on your own](#)
- Filling or refilling your [prescriptions](#)

- Booking and [preparing for your clinic visits](#)
- Discussing [advanced care planning](#) with your health care team
- Obtaining a Medical Transfer Summary

