

WELL ON YOUR WAY

Youth in Transition Program

Transition Readiness Checklist for Parents of Dependent Youth

Your child is growing up and will be moving to adult care at 18. Are you and your child well on your way to being ready for this change? This checklist can help you learn if there are areas where you could be better prepared and your child as independent as possible. Some children with a developmental disability will be able to live independently with support. Others may be more dependent on guardians or caregivers. Every child is different. If your child is completely dependent, some of the questions in this checklist may not apply.

If there is an area you would like to work on, put a ✓ in the box to the left, click the link(s) within that area for information about where to start.

✓	Managing Your Child's Health	Yes	In Progress	N/A
	My child carries a summary of his/her condition, medication & treatment plan in case of an emergency (e.g., MyHealth Passport) – Keeping Track of Your Health Information ; Understanding Your Medical Condition			
	My child carries his or her personal health insurance information and/or health benefits card – Health Insurance			
	I know how to prepare for a natural disaster – AHS Disaster Resources			
	My child has an advocate who can speak up for him or her – A Health Care Advocate ; Making Your Own Decisions			
	My child has a family doctor that he or she likes and will continue seeing as an adult – Finding a Family Doctor			
	My child sees his or her family doctor at least once a year for checkups – Finding a Family Doctor			
	I know the types of doctors and other healthcare providers my child will need to see as an adult – Moving to Adult Care ; Pediatric Transfer Plan			
	I know how to access mental health support when needed – AHS Addiction & Mental Health			
	I know how my child's health benefits or insurance will change after he/she becomes an adult – Health Insurance			
Comments:				

✓	Sexual Health	Yes	In Progress	N/A
	My child has been given information on sexual health to meet his or her level of understanding – Sexuality & Youth with Disabilities ; Teaching Sexual Health ; Sexuality & Your Child ; Elements of Healthy Sexuality			
	I understand how my child’s condition may be affected by puberty – Sexuality ; Understanding Your Medical Condition ; Who To Ask About Sex ; Sexual Health Questions			
Comments:				

✓	Recreation and Social Supports	Yes	In Progress	N/A
	My child understands what a good friend is – Relationships			
	My child has at least one good friend or a supportive relationship – Relationships			
	My child is involved in activities that he or she likes and will continue to do as an adult – Relationships			
	I know where to get information about adult services – Events & Education ; Resources & Links			
Comments:				

✓	Financial & Legal Supports	Yes	In Progress	N/A
	I understand when or if my child needs a legal guardian – Making Your Own Decisions			
	I understand when or if my child needs a trustee – Making Your Own Decisions			
	I know what sources of funding and financial support are available for when my child turns 18 – Applying for Funding			
	I know about the Disability Tax Credit , the Registered Disability Savings Plan and the Canada Disability Savings Grant/Bond			
	Based on his/her ability, my child understands how to manage money – Managing Your Money			
Comments:				

✓	Parent/Guardian/Family	Yes	In Progress	N/A
	I understand my child's right to confidential healthcare – Making Your Own Decisions ; Health Information Privacy [in BC]			
	I know who can help me cope with personal life changes during my child's transition – Connect with Another Family			
	I am supporting my child to become as independent as possible – Getting Ready ; Parents, Are You Ready?			
Comments:				

✓	Healthy Lifestyle	Yes	In Progress	N/A
	My child is involved in physical activities that will help him or her stay strong and flexible – Relationships ; Design Your Own Exercise Routine ; I'm Bored- There Is Nothing To Do			
	My child eats the right amount of healthy food to support his or her level of activity – MyHealth Alberta: Healthy Eating ; Government of Canada: Healthy Eating			
	I am concerned about my child because he or she is participating in risky behaviour (e.g. smoking, alcohol, drugs, etc.) – Information for Parents: Getting Help with Addiction ; AHS Addiction & Mental Health			
Comments:				

✓	Education and Vocation	Yes	In Progress	N/A
	My child goes to a school that meets his or her needs – Inclusive Education ; Inclusion Alberta			
	I know what activities or day programs my child can go to once he or she has finished school – Quick Guide to PDD			
	I know what choices for education my child has after high school – Going to School			
	I know how to help my child find suitable volunteer or work opportunities, and what resources or supports are available in the community to help – Finding a Job			
Comments:				

✓	Independent Living	Yes	In Progress	N/A
	I know what resources and supports are needed for my child to live as independently as possible – Home Care ; Home Care: Self-Managed Care ; Moving Out			
	I am aware of independent transportation options for my child – Getting Around Town			
	I know how to get specialized equipment and supplies when needed for my child's health condition – Alberta Aids to Daily Living			
	I know what I need to do to take care of my child's health if we want to travel – Travelling with a Disability			
	I know if my child is eligible for adult homecare services and how to arrange access when needed – Home Care ; Home Care: Self-Managed Care			
Comments:				

Adapted from "AM I ON TRAC" Youth Quiz – BC Children's Hospital ON TRAC Program (ontracbc.ca)