4. SKILLS CHECKLIST — PROJECT STAY

The following handout can be used to prompt older adolescents to think about the information they will need to know in an adult care setting. Recently transitioned young adults can use the handout as a reminder of the issues they need to address with their current provider.

TAKING CHARGE OF YOUR HEALTH CARE: A HANDBOOK FOR ADOLESCENTS AND YOUNG ADULTS WITH SPECIAL HEALTH CARE NEEDS

BE YOUR OWN HEALTH CARE ADVOCATE
- Learn about your condition.
- Know the warning signs that mean you need emergency help.
- Know who to call in case of an emergency, and carry that information with you.
- Learn how to make your own appointments.
- Write down any questions you have before you go to the doctor’s office.
- Meet privately with your health care providers.
- Speak up and ask your health care provider questions.
  If you don’t understand the answer, ask again.
- Talk to your doctor about difficult topics like relationships, drugs, and birth control.
- Ask for copies of medical tests and reports.
- Carry your insurance card and other important health care information.

TAKE CHARGE OF YOUR HEALTH CARE INFORMATION
- Be sure to understand the medications that you are taking.
  What are their names and when do you take them?
- Know how to call your pharmacy and how to fill your prescriptions.
- Make sure you know your insurance and how to get a referral.
- Keep a list of addresses and telephone numbers of all your health care providers and community resources.
- Keep a notebook of medications, medical history, and results of medical tests.
- Ask health care provider for a short written summary of your health condition.
- Know how to order and take care of any special supplies you use.

PLAN FOR TRANSFER TO AN ADULT HEALTH CARE PROVIDER
- Talk to your doctor and know how and when you should start seeing an adult doctor.
- Discuss with providers resources that might be helpful to you.
- Meet and talk with the new health care provider before you switch.

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