

4 Readiness to transfer: *for young people*

Name: Date:

This checklist is for you to fill in with your parents or health care team. It will help you identify what you know and be aware of any gaps in knowledge or skills so that you can transfer smoothly to the adult hospital.

Healthcare skills	I'm confident	Need more info	Notes	NA
Knowing my condition				
1. I can confidently name and explain my medical condition and treatment plan				
2. I know the symptoms or complications related to my health condition				
3. I am aware of any allergies I have and how to manage them				
4. I have discussed with my health care team the effects of smoking, alcohol and drugs on my health condition				
5. I have discussed contraception with my specialist and how my condition might impact on fertility and pregnancy				
Medications and treatment				
6. I know the names of my medications and what they are for				
7. I am responsible for administering my own medications				
8. I know the side effects and restrictions of my medication/s				
9. I am aware that different food and drinks could affect my medications				
10. I am responsible for getting a repeat of my prescriptions and having it filled				
11. I know which tests I have regularly and why I need them				
Appointments				
12. I can make my own appointments including rescheduling an appointment				
13. I have appointments with my doctor by myself				
14. I feel comfortable asking my doctor to provide further explanation if I am unclear about anything				
15. I know how to organise payment for appointments and treatments				
16. I know that every year I need a new referral from my GP for the specialist				
Support/wellbeing				
17. I have a GP that I trust. (Your GP will become more important as the coordinator of your care once you transfer to the adult hospital)				
18. I know what to do if I become unwell or need urgent medical assistance (including after hours)				

→ More questions on Page 2

→ Continued from Page 2

Health care skills	I'm confident	Need more info	Notes	NA
Support/wellbeing continued...				
19. I am aware of my health care rights and responsibilities				
20. I feel confident speaking up about my health care needs				
21. I have strategies/support in place if I am feeling stressed or upset				
22. I know how to find information/support about alcohol, drugs, sexual health or relationship issues. Refer to the HeartKids website for more information				
Transition to Adult Health Service				
25. I have plan for how I will transfer to the adult health service				
26. I have the contact details of my new health care staff at the adult service/s				
27. I know how to book and change appointments at my new adult service/s				
28. I have information about the differences between paediatric and adult health services				
29. I have my first appointment booked at my new adult health service/s				
30. I know how to get to my appointment				
31. I have my own Medicare card and know what it's for				
32. I have my own Health Care Card				
33. I have my Private Health Insurance details				