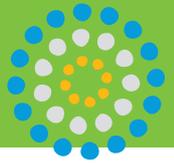




CHECKLIST FOR YOUNG PEOPLE



Use this checklist to identify the skills you already have, and the areas where you may need to increase your knowledge to help you BECOME MORE INDEPENDENT.

- Know about your condition and how to manage symptoms and emergencies
- Know what medications you need and how to fill prescriptions
- Learn how to make your own appointments and start seeing your doctor on your own
- Eat and exercise regularly to help you stay happy and strong
- If possible start meeting with some adult doctors to 'check them out' before you have to switch"
- Be organised - keep copies of clinic and discharge letters as the adult health service will require them
- Learn what symptoms need monitoring and what ongoing tests will be required, why and how often
- Know how to order the supplies for your equipment and how to maintain it
- Make a transition plan with your health care team
- Find out about special considerations for assessments and exams at school and university
- Ask for copies of medical tests and results as well as a verbal explanation, and ensure that a detailed medical summary will be prepared for the new adult team
- Know how smoking, alcohol and street drugs interact with your condition
- Talk to your doctor about sex and contraception and how your condition might impact on fertility and pregnancy.
- If stress or worry is getting in the way talk to someone you trust and respect
- Enrol for your own Medicare card and Health Care Card and find out about private health cover
- Ask your health care team to refer you to Trapeze or ACI Transition Care Coordinators who can help you plan for transition

Non - Medical things to think about

- Remember to declare any relevant medical conditions when applying for your Driver's Licence
- Find out if you are eligible for financial support or any concessions from Centrelink
- Open up your own bank account
- Apply for a tax file number if you are thinking about work
- Think about how you will keep in touch with friends once school ends
- Remember to enrol to vote when you are 18 years old!

**TICK THE
BOXES**

