

Assessing My Skills: Am I ready to be in charge of my healthcare?

WELL ON YOUR WAY

Youth in Transition Program

For youth who are working towards independence

How well do you know yourself? Are you well on your way to take care of your own medical needs? This tool can help you think about the areas where you could be better prepared. Go through the questions answering what fits best for you.

If there is an area you would like to work on, put a \checkmark in the box to the left of the statement. You can also use the *My Plan* form to keep track of your goals. **For a list of resources that may help you work towards these goals, go to <http://fcrc.albertahealthservices.ca/transition>.**

I'm in Charge

\checkmark		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
	I can describe my condition and explain my special healthcare needs to others					
	I know what my health may bring later on					
	I have a family doctor that I like and will keep seeing as an adult					
	I know the types of doctors I will need to see as an adult					
	I know I have the right to information about myself and my health					
	I have people to help me with my health if my family can't					
	I plan how to take care of my own health needs					
	I take part when my healthcare is being talked about					

I Know Myself

√		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
	I understand how my condition will affect the way I develop through puberty					
	I have talked about my sexuality issues with my healthcare provider					
	I know how to get birth control and protection from sexually transmitted infections (STIs)					

I Can Do it Myself

√		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
	I know what kind of medical insurance I have					
	I know the names of my medications, what they do, and how to buy them					
	I prepare/take my own medications/treatments as needed					
	I keep track of my healthcare visits, treatment plan, and medications					
	I know how to make an appointment					
	I can get myself to medical appointments					
	I spend time alone and/or speak for myself with my healthcare provider at each visit					
	I know who to call in case of emergency					

Good Stuff, Bad Stuff

√		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
	I have talked with my healthcare provider about using tobacco, alcohol, and drugs					
	I know what is good for me to eat and I am as physically active as possible					

I Know Who My Friends Are

√		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
	I hang out with friends who believe in me and are good to me					
	I am involved in clubs, groups,					
	I have a friend I can talk to					
	My family are a support to me in managing my condition					

School, Work, and Money

√		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
	I am working towards something in school and/or work					
	I know about funding options for school					
	I know what I need to do if I want to live away from home					