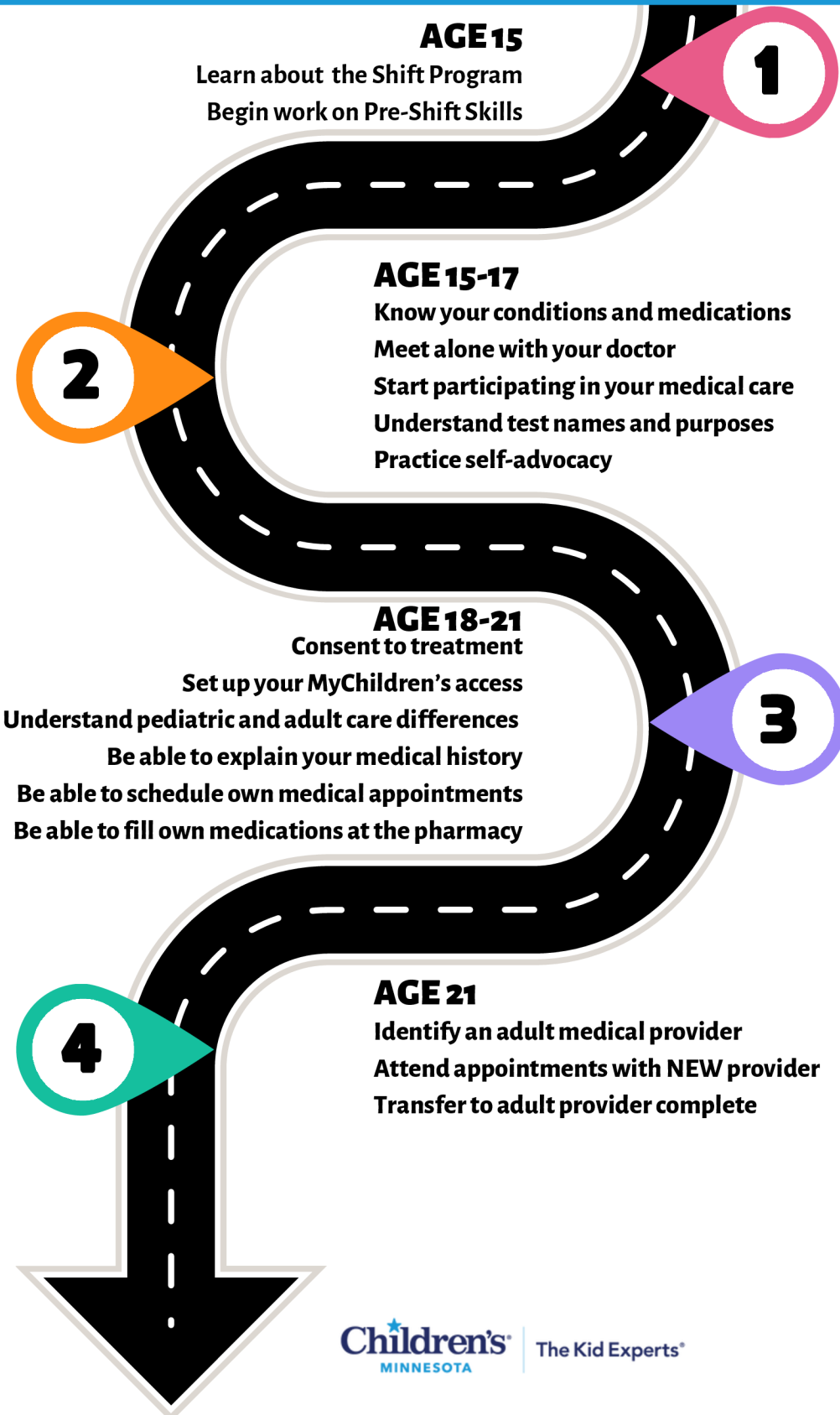


ROADMAP TO ADULTHOOD

Steps Along the Way for Teens Who Will Be Independent in Their Care



**Scan for
resources**

ROADMAP TO ADULTHOOD

Steps Along the Way for Teens Who Will Be Independent in Their Care

1

AGE 15

- ☐ INTRODUCE THE SHIFT PROGRAM
- ☐ BEGIN WORK ON PRE-SHIFT SKILLS

2

AGE 15-17

- ☐ KNOW YOUR CONDITIONS AND MEDICATIONS
- ☐ MEET ALONE WITH YOUR DOCTOR
- ☐ START PARTICIPATING IN YOUR MEDICAL CARE
- ☐ UNDERSTAND TEST NAMES AND PURPOSES
- ☐ PRACTICE SELF-ADVOCACY

3

AGE 17-18

- ☐ CONSENT TO TREATMENT
- ☐ SET UP YOUR MYCHILDREN'S ACCESS
- ☐ UNDERSTAND PEDIATRIC AND ADULT CARE DIFFERENCES
- ☐ BE ABLE TO EXPLAIN YOUR MEDICAL HISTORY
- ☐ BE ABLE TO SCHEDULE OWN MEDICAL APPOINTMENTS
- ☐ BE ABLE TO FILL OWN MEDICATIONS AT THE PHARMACY

4

AGE 18-21

- ☐ IDENTIFY AN ADULT MEDICAL PROVIDER
- ☐ ATTEND APPOINTMENTS WITH NEW PROVIDER
- ☐ TRANSFER TO ADULT PROVIDER COMPLETE



**Scan for
resources**