

Healthcare Transition Plan for Teens

Each person will have a unique journey in their transition from pediatric to adult healthcare. Part I of this worksheet will help you start thinking about common concerns and issues you may need to consider. Then use Part II to come up with specific healthcare transition goals with the help of your doctor and/or parents. You can track to-do items to see how much progress you've made!

Name:		Today's Date:
PART I		
Topics to Consider	Issues/Concerns	
How will I manage my own health condition?		
How will I manage my own medication/equipment/supplies?		
How will I manage my own financial issues/insurance plan?		
How will I become an active decision-maker for my own health?		
How might my health condition impact my relationships with others?		
What services will I need as an adult, and who will provide them?		
What are my education plans after high school?		
What are my employment plans?		
What are my plans for independent living, housing, transportation, and recreation?		



PART II

Today's Date	Goal	Action(s) Needed	Who is Responsible	Target Date	Date Complete	Next Steps

Goal examples could include: Find three new potential adult care doctors, research available insurance plans, or gather documentation such as medical records or care plans.