

# 1 Healthcare Skills: *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 that you will need to transfer smoothly to adult health services.

Healthcare skills	I'm confident	Need extra time?	N/A
<b>My medical condition</b>			
1. I am able to describe my medical condition			
2. I am aware of any allergies I have and how to manage them			
3. I am able to prepare and ask my health care team questions relating to my health			
4. I know my height and weight			
5. I keep track of my appointments			
6. I know how to make or reschedule my appointments			
<b>Medications and treatment</b>			
7. I am responsible for taking my medications			
8. I know the names of my medications and what they are for			
9. I know the side effects and restrictions of my medications			
10. I am aware that different food and drinks affect my medications			
11. I know which tests I have regularly and why I need them			
<b>Getting help</b>			
12. I know what to do if I become unwell or need urgent medical assistance (including after hours)			
13. I know who to contact for medical advice and treatment (including after hours)			
14. I have a GP and their contact details			
15. I know the purpose of a medical alert bracelet			
<b>Support and wellbeing</b>			
16. I know that I can start to ask for time with my doctor on my own without my parents			
17. I know how to find more information on the website that might affect my health			

Comments: .....

.....

.....

.....

.....

.....