

Transition for young people with Palliative Care needs

Stepping up from Paediatric to Adult services

Transition Checklist for YOUNG PERSON

1	I do this by myself	4	I need assistance or guidance to do this
2	I sometimes does this by myself	5	I need someone to do this for me
3	I'm starting to consider doing this by myself	6	Not sure.

Checklist

Please tick the column you think best describes how you feel about each question. Please feel free to write a comment if you would like.

	1	2	3	4	5	6	Comments
I know my medical history and where to get that information from							
I can describe my health condition to others							
I understand the medical terms, words and procedures related to my condition							
I take my own medications and know what they are for and how they might affect me							
I speak up for myself and tell others what I need.							
I understand what will happen if I don't take my medications and know what I need to do to remember them							
I keep a record of my healthcare visits and medications							
I know when I am getting sick and how to get help							
I know my family doctor (GP) and practice nurse and how to contact them.							
I know where to go and where I will be going if I need to be admitted to hospital.							
I know the members of my health care team and how to contact them.							
I know the local palliative care service and how to contact them for further support or advice.							
I know what to expect in the adult service.							
I know when I need a new prescription and how to obtain this							
I have had the opportunity to discuss an advance care plan/my wishes are if I was to become more unwell, with my family and/or my healthcare team							

Questions or Comments I have for my care team:
