

Health Care Transition Checklist

Ages 12-14			
Task	Date Discussed	Completed	N/A
Develop knowledge of your health care needs Youth should be able to: <input type="checkbox"/> describe medical condition(s) <input type="checkbox"/> name medication(s) <input type="checkbox"/> manage routine medical tasks			
Explore appropriate work and volunteer opportunities			
Answer questions during a health care visit			
If eligible, sign up for NC Innovations Waiver			
Continue self-advocacy skills, especially with health care providers and teachers			
Ages 15-17			
Task	Date Discussed	Completed	N/A
Take responsibility for making medical appointments and getting prescriptions			
Talk to medical providers during visits about age appropriate information			
Begin thinking and talking about transition from pediatric to adult health care			
Discuss pediatrician's discharge age and plan for transition and transfer to adult			
Keep a health record, including all medical paperwork			
Provide opportunities for youth/provider to communicate confidentially			
Check in annually with local LME/MCO regarding the waiver waitlist status if applicable			
Prior to 18th Birthday			
Task	Date Discussed	Completed	N/A
Finalize adult health care coverage			
Reapply for Medicaid benefits			
Reapply for SSI Benefits (17 years and 11 months)			
Make decisions about Power of Attorney or other Guardianship options			
Age 18+			
Task	Date Discussed	Completed	N/A
Transfer medical care from pediatric providers to adult providers			
Reapply for Medicaid Benefits			
Contact Vocational Rehabilitation to explore vocational assistance			
Explore living arrangements, education, and employment opportunities			
Make decisions regarding Power of Attorney or Guardianship			
Check in annually with local LME/ regarding the waiver waitlist status if applicable			
Transfer medications to local pharmacy (if moving or going away to school)			
If going to college, learn about health care coverage and health services			