

# Healthcare skills checklist



## Transition Support Service

Name: ..... UR: ..... Date: .....

This checklist is for you to fill in with your Transition Lead or a member of the Transition Support Service team. It will help you to reaffirm what you know and identify any gaps in knowledge or skills that you will need to transfer smoothly to adult health services.

	All good	Halfway there	Needs work	Notes
<b>My medical condition/disability</b>				
I am able to describe my condition/ disability (including diagnosis)				
I am aware of any allergies I have and how to manage them	NA <input type="radio"/>			
I know where my medical information is kept				
I am able to prepare and ask my healthcare team questions related to my health				
I know my height and weight				
I keep track of my appointments				
I know how to make or reschedule my appointments if necessary				
<b>Medications, equipment and treatment</b>				
I am responsible for taking my medications	NA <input type="radio"/>			
I am responsible for administering my treatment	NA <input type="radio"/>			

# Healthcare skills checklist

		All good	Halfway there	Needs work	Notes
I know my medications, dosages, what they're for and side effects	NA <input type="radio"/>				
I am responsible for my own medical and equipment supplies, including prescriptions, ordering and payment	NA <input type="radio"/>				
<b>Getting help</b>					
I know how to seek medical help including in an emergency					
I know who to contact for medical advice and treatment out of business hours					
I have a GP and their contact details					
I have my own Medicare card and know what it's for					
I have my own Health Care Card					
I know my health insurance details	NA <input type="radio"/>				
I know the purpose of a medic alert bracelet	NA <input type="radio"/>				
<b>Support and wellbeing</b>					
I know who my personal supports are and where I can get more support if needed					
I have details of peer support programs					
I know how to make contact with educational or vocational supports if needed					
I know how drugs and alcohol affect my condition/disability					
I know where to get information about sexual health					

For more info contact:  
 The RCH Transition Support Service on **9345 4980**  
 or visit [www.rch.org.au/transition](http://www.rch.org.au/transition)

