

Readiness to transfer 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 can continue to work on during the transition process and after you transfer to adult healthcare.

Healthcare skills	All good	Halfway there	Needs work	Notes
Knowing my condition/disability				
I can confidently describe and answer questions about my condition/disability				
I understand the medical terms specific to my health condition/disability				
I know the symptoms or complications related to my health condition/disability				
I am aware of any allergies I have and how to manage them	NA <input type="radio"/>			
I have discussed the effects of smoking, alcohol and drugs on my health condition/disability with my healthcare team				
I have discussed how my health condition/disability may impact on my sexual and reproductive health with my healthcare team	NA <input type="radio"/>			
Medications and treatment				
I know the names of my medications, dosages and treatment routine	NA <input type="radio"/>			
I know which tests I have regularly and why I need them	NA <input type="radio"/>			
I know the side effects and restrictions of my medication/s	NA <input type="radio"/>			

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Healthcare skills					
I am responsible for remembering and administering my medication/s or treatment	NA <input type="radio"/>				
I am responsible for getting a repeat of my prescriptions and having it filled	NA <input type="radio"/>				
I know what equipment I need and what it's used for	NA <input type="radio"/>				
I know how to organise/reorder my equipment	NA <input type="radio"/>				
I know who to contact if I have questions about my health condition/disability or medications/treatment					
Appointments					
I can make my own appointments within my current healthcare service					
I know who to contact if I need to reschedule an appointment					
I know I can have/I have had time in appointments with my doctor by myself without my parents/carers					
I feel comfortable communicating with my healthcare team					
I feel comfortable asking my doctor to provide further explanation if I am unclear about anything					
I know how to organise payment for appointments and treatments	NA <input type="radio"/>				
Getting help					
I have a GP that I trust and feel comfortable with					
I know where to get advice about my health issues					
I know what to do if I become unwell or need urgent medical assistance					
I know who to contact if I need medical support after hours					
Support and wellbeing					
I know where to get educational/vocational support	NA <input type="radio"/>				
I have a pathway to further educational/vocational training	NA <input type="radio"/>				

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Healthcare skills				
I know where to get information about peer support programs				
I am aware of my healthcare rights and responsibilities				
I feel confident advocating for myself				
I know where I can get more personal support if needed				
I have strategies/supports in place if I am feeling stressed or upset				
I know how to get information/support about alcohol, drugs, sexual health or relationship issues				
Transition to adult health services				
I know what my transfer plan is and have discussed this with my healthcare team/s				
I have a copy or have asked for a copy of my medical transfer summaries/letters				
I know the names and roles of my new healthcare staff at the adult service/s				
I have the contact details of my new healthcare staff at the adult service/s				
I know how to book and change appointments at my new adult service/s				
I know how to get to my new adult service/s				
I have met my new healthcare team/s	NA	<input type="radio"/>		
I have information about the differences between paediatric and adult health services				
I have my first appointment booked at my new adult health service/s	NA	<input type="radio"/>		

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

