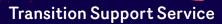


## Readiness to transfer checklist



Name:

UR:

Date: ...

The Royal Children's Hospital Melbourne

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					
l understand the medical terms specific to my health condition/disability					
l know the symptoms or complications related to my health condition/disability					
I am aware of any allergies I have and how to manage them					
l 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					
Medications and treatment					
l know the names of my medications, dosages and treatment routine					
l know which tests I have regularly and why I need them					
l know the side effects and restrictions of my medication/s					

## Readiness to transfer checklist

Healthcare skills		All good	Halfway there	Needs work	Notes
am responsible for remembering and administering my medication/s or treatment					
am responsible for getting a repeat of my prescriptions and having it filled					
know what equipment I need and what it's used for					
know how to organise/reorder my equipment					
know who to contact if I have questions about my nealth condition/disability or medications/treatmen	t				
Appointments					<u>.</u>
l can make my own appointments within my current healthcare service					
know who to contact if I need to reschedule an appo	pintment				
know I can have/I have had time in appointments wi my doctor by myself without my parents/carers	th				
feel comfortable communicating with my healthcar	e team				
feel comfortable asking my doctor to provide furthe explanation if I am unclear about anything	er -				
know how to organise payment for appointments and treatments					
Getting help					
have a GP that I trust and feel comfortable with					
know where to get advice about my health issues					
know what to do if I become unwell or need urgent medical assistance					
know who to contact if I need medical support after	hours				
Support and wellbeing					
know where to get educational/vocational support					
have a pathway to further educational/vocational training					

## Readiness to transfer checklist

Healthcare skills	All go		Halfway there	Needs work	Notes
l know where to get information about peer support programs					
I am aware of my healthcare rights and responsibilitie	S				
I feel confident advocating for myself					
I know where I can get more personal support if need	ed				
l have strategies/supports in place if I am feeling stre or upset	ssed				
l know how to get information/support about alcohol sexual health or relationship issues	, drugs,				
Transition to adult health services		<u>i</u>			L
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 t summaries/letters	ransfer				
I know the names and roles of my new healthcare staf at the adult service/s	f				
I have the contact details of my new healthcare staff at the adult service/s					
l 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					
l have information about the differences between paediatric and adult health services					
l have my first appointment booked at my new adult health service/s					



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