

TRANSITION SKILLS HOMEWORK—TIME 1

To be completed by Age 14-17

SKILLS TO BE MASTERED:

1. Interact directly with health care team (e.g. answer questions, participate in decision-making).
2. Know what type of seizures you have.
3. Be able to describe your recent/current symptoms.
4. Name your medications and their doses including folic acid and vitamin D.
5. Name the main purpose of each medication.
6. Be able to give at least a brief description of your medical history. Demonstrate awareness of health-related rights (e.g. privacy, communication, etc).
7. Consider whether to sign release of information to parent/guardian.
8. Be able to independently obtain refills.
9. Be able to identify members of health team/ how to contact them.
10. Verbalize when/how to call health care provider.
11. Be able to make own appointments.
12. Verbalize when/how to access urgent care.
13. Be able to set up transportation for appointments

TIPS FOR LEARNING TIME 1 SKILLS:

Skill: Interact directly with health care team (e.g. answer questions, participate in decision-making).

Strategies:

Practice talking to the doctors and nurses you feel most comfortable with.
Don't be afraid to ask questions when you don't understand.
Know your rights as a patient.
Go to a parents' medical appointment and watch how they interact.

Skill: Know what type of seizures you have.

Strategies:

Ask your parents/guardians for this information.
Research it on www.teenhealth.org

Skill: Be able to describe your recent/current symptoms in relation to seizures.

Strategies:

Practice describing symptoms.
Keep track of any changes in symptoms as they happen (e.g. in a notebook).

Skill: Name your medications and their doses including folic acid and vitamin D

Strategies:

Use www.mymedschedule.com to track your doses and print a schedule.
You do not have to memorize it. You just have to show how you remember them
(e.g. a schedule, a list).

Skill: Name the main purpose of each medication.

Strategies:

Ask your pharmacist/nurse/doctor.
Do some research (www.medactionplan.com) or other medication websites.

Skill: Be able to give at least a brief description of your medical history.

Strategies:

Keep a small note card or notebook with major parts of your medical history.
Look into creating a "healthcare passport".
Ask your parents or nurse/coordinator to help you put together your medical history.

Skill: Demonstrate awareness of health-related rights (e.g. privacy, communication, etc).

Strategies:

- Ask for a copy of Patient's Rights at the CMC Information Desk or from staff.
- Review Patient's Rights in the waiting room.
- Ask questions about what some of those rights mean for you.

Skill: Consider whether to sign release of information to parent/guardian.

Strategies:

- Ask what information can be released to your parents before and after age 18.
- Ask someone in clinic for a copy of the Release of Information to review.

Skill: Be able to independently obtain refills.

Strategies:

- Watch as an adult fills a prescription by phone or in person. Then fill a prescription while that adult watches you.
- Know what your medications look like, so you know if the pharmacy gives you something different.

Skill: Be able to identify members of health team/how to contact them.

Strategies:

- Name your primary care provider, neurology provider, and nurse.
- Add the on call neurology provider and primary care provider's number to your phone or in your wallet.

Skill: Verbalize when/how to call health care provider.

Strategies:

- Ask your parents/guardians when they have called your doctor/nurse in the past.
- Review when to call with your provider/nurse. Write these down if they are hard to remember.

Skill: Be able to make own appointments.

Strategies:

- Learn the phone number to call to schedule appointments in regular clinics.
- Learn the phone number to call if you do not know who to call (214-456-2768), and what to ask when you call.

Skill: Verbalize when/how to access urgent care.

Strategies:

- Know how to get to the ER, and which one to go to in an emergency.
- Develop a plan of how you would get to the ER (e.g. 911, call parent, identify a friend/neighbor).
- Ask your provider or nurse how to determine when urgent care is needed. Make a list.

Skill: Be able to set up transportation to appointments.

Strategies:

- If you use Medicaid transportation, ask your parent/guardian to show you how they do it. Then practice as they watch.
- Ask your social worker about transportation options.
- Develop a plan and backup plan for how to get to appointments.