

# Well on Your Way

Helping Youth Transition to Adult Healthcare



## Transition Readiness Checklist – Parents of Dependent Youth

Your child is growing up and will be moving to adult care at 18. Are you and your child well on your way to being ready for this change? This checklist can help you learn if there are areas where you could be better prepared and your child as independent as possible. Some children with a developmental disability will be able to live independently with support. Others may be more dependent on guardians or caregivers. Every child is different. If your child is completely dependent some of the questions in this checklist may not apply.

If there is an area you would like to work on, put a ✓ in the box to the left, click the link(s) within that area for information about where to start, and use [My Plan for Dependent Youth](#) to keep track of your goals.

### Managing Your Child's Health

✓		Yes	In Progress	N/A
	My child carries a summary of their condition, medication & treatment plan in case of an emergency – <a href="#">Keeping Track of Health Information</a> ; <a href="#">Understanding Your Medical Condition</a>			
	My child carries their personal health insurance information and/or health benefits card – <a href="#">Health Insurance</a>			
	I know how to prepare for a natural disaster or emergency – <a href="#">AHS Natural Disaster Resources</a>			
	My child has an advocate who can speak up for them – <a href="#">A Health Care Advocate</a> ; <a href="#">Making Your Own Decisions</a>			
	My child has a family doctor or nurse practitioner that they like and will continue seeing as an adult – <a href="#">Finding a Family Doctor</a>			
	My child sees their family doctor or nurse practitioner at least once a year for checkups – <a href="#">Finding a Family Doctor</a>			
	I know the types of doctors and other healthcare providers my child will need to see as an adult – <a href="#">Healthcare as an Adult</a> ; <a href="#">Keeping Track of Health Information</a>			
	I know how to access mental health support when needed – <a href="#">AHS Addiction &amp; Mental Health</a> ; <a href="#">Youth Addiction and Mental Health – Help4Me</a> ;			
	I know how my child's health benefits or insurance will change after they become an adult – <a href="#">Health Insurance</a>			
Comments:				

## Sexual Health

✓		Yes	In Progress	N/A
	I understand how my child's condition may be affected by puberty – <a href="#">Important Conversations – Sexual Health</a>			
	My child has been given information on sexual health to meet their level of understanding – <a href="#">Sexuality &amp; Youth with Disabilities</a> ; <a href="#">Teaching Sexual Health – Differing Abilities</a> ;			
Comments:				

## Recreational and Social Supports

✓		Yes	In Progress	N/A
	My child understands what a good friend is – <a href="#">Relationships</a>			
	My child has at least one good friend or a supportive relationship			
	My child is involved in activities that they like and will continue to do as an adult – <a href="#">Being Active</a>			
	I know about resources that can support my understanding of what is available in adult services – <a href="#">Local Resources &amp; Events</a>			
Comments:				

## Education and Vocation

✓		Yes	In Progress	N/A
	My child goes to a school that meets their needs – <a href="#">Inclusive Education</a>			
	I know what activities or day programs my child can go to once they have finished school – <a href="#">Persons with Developmental Disabilities (PDD)</a> ; <a href="#">Applying for Funding &amp; Supports</a>			
	I know what choices for education or employment my child has after high school – <a href="#">Education</a> ; <a href="#">Finding a Job</a>			
	I know how to help my child find suitable volunteer or work opportunities – <a href="#">Finding a Job</a>			
	I know what resources and supports are available in the community to help my child prepare for and/or maintain employment – <a href="#">Finding a Job</a> ; <a href="#">Local Resources &amp; Events</a>			
Comments:				

## Financial & Legal Supports

✓		Yes	In Progress	N/A
	I understand when or if my child needs a legal guardian and/or trustee – <a href="#">Making Your Own Decisions</a>			
	I know what sources of funding and financial supports are available for when my child turns 18 – <a href="#">Applying for Funding &amp; Supports</a>			
	I know about the <a href="#">Disability Tax Credit &amp; Registered Disability Savings Plan</a>			
	Based on their ability, my child understands how to manage money – <a href="#">Managing Your Money</a>			
Comments:				

## Parent/Guardian/Family

✓		Yes	In Progress	N/A
	I understand my child's right to confidential healthcare – <a href="#">Making Your Own Decisions</a> ; <a href="#">Confidential Healthcare for Youth</a>			
	I know who can help me cope with personal life changes during my child's transition – <a href="#">Parent Well-Being</a>			
	I'm working with my child to become as independent as possible – <a href="#">Getting Your Child Ready for Adult Healthcare</a>			
Comments:				

## Healthy Lifestyle

✓		Yes	In Progress	N/A
	My child is involved in physical activities that will help him or her stay strong and flexible – <a href="#">Design Your Own Exercise Routine</a>			
	My child eats the amount and types of healthy food needed to support growth, development and activities – <a href="#">Healthy Eating for teens</a> ; <a href="#">Tips for healthy eating</a>			
	I am concerned about my child because they are participating in risky behaviour like smoking, alcohol, drugs – <a href="#">Teen Risk Taking: Tips for Parents</a> ; <a href="#">Youth Substance Use: Information for Parents</a>			
Comments:				

## Education and Vocation

✓		Yes	In Progress	N/A
	My child goes to a school that meets their needs – <a href="#">Inclusive Education</a>			
	I know what activities or day programs my child can go to once they have finished school – <a href="#">Persons with Developmental Disabilities (PDD); Applying for Funding &amp; Supports</a>			
	I know what choices for education or employment my child has after high school – <a href="#">Education</a> ; <a href="#">Finding a Job</a>			
	I know how to help my child find suitable volunteer or work opportunities – <a href="#">Finding a Job</a>			
	I know what resources and supports are available in the community to help my child prepare for and/or maintain employment – <a href="#">Finding a Job</a> ; <a href="#">Local Resources &amp; Events</a>			
Comments:				

## Independent Living

✓		Yes	In Progress	N/A
	I know what resources and supports are needed and available for my child to live as independently as possible – <a href="#">Applying for Funding &amp; Supports</a> ; <a href="#">Moving Out</a>			
	I am aware of independent transportation options available for my child – <a href="#">Transportation</a>			
	I know how to get specialized equipment and supplies when needed for my child's health condition – <a href="#">Equipment &amp; Supplies</a>			
	I know what I need to do to take care of my child's health if we want to travel – <a href="#">Travel</a>			
	I know if my child is eligible for adult homecare services and how to arrange access when needed – <a href="#">Applying for Funding &amp; Supports</a>			
Comments:				