


Transition to Adult Healthcare Services Work Group Patient and Parent Readiness Checklists

The Good 2 Go Transition Program at The Hospital for Sick Children has developed the following 2 questionnaires to determine *transition readiness* for patients and for parents. The youth/parent readiness checklists look at self management skills, knowledge about the medical condition and its management, etc. Questions use a scale from 1 to 5 and responses range from “I can describe my chronic health condition to others” to “My teen knows the types of doctors he/she will need to see as an adult.”

	1	2	3	4	5	Comments
<p>SickKids READINESS CHECKLIST FOR PATIENTS Good 2 Go  Transition Program</p> <p style="text-align: center;"><i>Use the following scale to rank your answers to the statements below:</i></p> <p>1 = No way 2 = I'm thinking about it 3 = I don't know 4 = I'm getting there 5 = I'm there - got this one done!</p> <p>Name: _____ Date Completed: _____</p>						
I can describe my chronic health condition to others						
I know what my health may bring in the future						
I speak up for myself - and tell others what I need						
I have a family doctor I like and will continue to see as an adult						
I know the types of doctors I will need to see as an adult						
I know I have the right to information about myself and my health						
I have a person who will help me with my health if my family cannot						
I prepare and take my own medications as required						
I do my own treatments as required						
I keep records of my health care visits and medications						
When I get sick I know how to get the help I need						
I plan how to take care of myself						

Adapted from "Setting the Pace - A Resource for Health care Providers" ©2008 On - Pace - A Transition Service at Children's & Women's Health Centre of British Columbia
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Use the following scale to rank your answers to the statements below.

- 1 = I strongly disagree
- 2 = I disagree
- 3 = I am undecided
- 4 = I agree
- 5 = I strongly agree

Name: _____

Date Completed: _____

	1	2	3	4	5	Comments
My teen can describe his/her chronic health condition to others						
My teen knows what his/her health may bring in the future						
My teen speaks up for him/her- and tells others what he/she needs						
My teen has a family doctor he/she likes and will continue to see as an adult						
My teen knows the types of doctors he/she will need to see as an adult						
My teen knows he/she has the right to information about his/herself and his/her health						
My teen has a person who will help him/her with his/her health if our family cannot						
My teen prepares and takes his/her medications						
My teen can prepare and take his/her own medications as required						
My teen keeps records of his/her health care visits and medications						
When my teen gets sick he/she knows how to get the help he/she needs						
My teen plans how to take care of his/herself						

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