

B4

Health Care Checklist

QUESTION	YES	NOT YET	FIRST STEPS
Do I know how I learn best?			
Can I describe my special health care needs?			
Do we discuss and demonstrate healthy lifestyle habits as a family?			
Can I name my doctor(s)?			
Can I tell when I'm getting sick?			
Can I describe my symptoms when I'm sick?			
Do we use a family calendar for tracking appointments, activities, etc.?			
Can I make my own appointments?			
Can I arrange transportation to appointments?			
Do I give information and answer questions at appointments?			
Have I discussed transitioning to adult care providers with my present providers?			
Do I know how to register or check in for appointments (i.e., showing insurance/MA card)?			
Do I know the medications I am taking, the reason(s), schedule, and pertinent side effects?			

QUESTION	YES	NOT YET	FIRST STEPS
Do I know how to fill and refill prescriptions?			
If I am on my parent's insurance, do I know how long this can continue?			
Do I know what insurance or health care coverage will be available when I turn 18?			
Have we talked about and made plans for guardianship (none, full, limited)?			
Have we discussed and planned for Power of Attorney for Health Care?			
Do I know how to use formal or informal advocacy or supports?			