



Transitions – Changing Role for Youth

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Health & Wellness 101 The Basics	Yes I do this	I want to do this	I need to learn how	Someone else will have to do this – Who?
I understand my health care needs and disability and can explain my needs to others.				
I can explain to others how our family’s customs and beliefs might affect health care decisions and medical treatments.				
I carry my health insurance card every day.				
I know my health and wellness baseline (pulse, respiration rate, elimination habits).				
I track my own appointments and prescription refill(s) expiration dates.				
I call for my own doctor appointments.				
Before a doctor’s appointment, I prepare written questions to ask.				
I know I have an option to see my doctor by myself.				
I call in my own prescriptions.				
I carry my important health information with me every day (ie: medical summary, including medical diagnosis, list of medications, allergy info, doctor’s numbers, drug store number, etc.)				
I have a part in filing my medical records and receipts at home.				
I pay my co-pays for medical visits.				
I co-sign the “permission for medical treatment” form (with or without signature stamp, or can direct others to do so).				
I know my symptoms that need quick medical attention.				
I know what to do in case I have a medical emergency.				
I help monitor my medical equipment so it’s in good working condition (daily and routine maintenance).				
My family and I have a plan so I can keep my healthcare insurance after I turn 18.				