



## Adolescent to Adult Bridge Program (A2B) Care Transition Checklist

Age	Topic	I can do this now	I need to learn	I won't be able to do this alone
12-14	Know your condition and medications and why you take medicine			
12-14	Meet alone with your doctor for part of the visit			
12-14	Know what to do in an emergency and how to stay safe			
12-14	Learn about healthy lifestyle habits			
12-14	Learn about reproductive health			
12-14	Learn about the impact of drugs and alcohol			
12-14	Lean on friends for support and connect with others like you			
15-17	Speak up in appointments and ask questions			
15-17	Explain your illness to others and name your medications			
15-17	Know names and purposes of tests conducted			
15-17	Take your medication on your own and order refills			



Age	Topic	I can do this now	I need to learn	I won't be able to do this alone
15-17	Plan for your future educational and career goals			
15-17	Book your own medical appointments and check yourself in			
15-17	Know your medical history and fill out medical forms with help			
15-17	Advocate for your medical needs			
15-17	Carry your insurance card and learn about health insurance/finances			
15-17	Understand your legal rights and what changes when you turn 18			
15-17	Consider basic needs and learn independent living skills			
18	Consent for your own medical treatment			
18	Choose who participates in your healthcare			
19-21	Understand differences between pediatric and adult care			
19-21	Identify an adult primary care provider (PCP) and, if needed, adult specialists			
21	Establish care with adult provider			

CHOC Adolescent to Adult Bridge Program  
[choc.org/A2B](http://choc.org/A2B)

