



Adolescent to Adult Bridge Program (A2B) Family Independence Agreement

As a young adult, you want to be more independent. Parents, you may worry that your teen isn't ready to take care of their health by themselves. This communication agreement is a way to get everyone on the same page and set boundaries everyone is comfortable with.

Teen

Parent

I promise to:

1. _____
2. _____
3. _____

Signature: _____

Example:

I promise to:

Remember to take my medicine on schedule
Wear a medical alert bracelet at all times
Make healthy decisions when out with my friends

I promise to:

1. _____
2. _____
3. _____

Signature: _____

Example:

I promise to:

Only check-in about taking your medicine once a day
Let you tell your friends about your condition
Not overact or get mad when you tell me the truth

