

Healthy Living



Below are questions you can ask or consider when you are beginning to consider healthcare transition. Planning for healthcare transition should begin no later than age 14.

- Are you helping me to start looking for practitioners who focus on adult healthcare?
- What do I need to know about the process of transitioning to adult healthcare?
- What health-related tasks can I start to help with or do for myself?
- Will my current health insurance cover me into adulthood? If not, how will I get coverage?
- Are you helping me to learn how to manage my own medications, talk to my doctors and other medical professionals, and participate in making medical and health decisions?
- Are you helping me know the symptoms, triggers and side-effects of my disability or healthcare need, and how to get help?
- Are you helping me to learn how to communicate about my disability or healthcare needs with other people?
- Do I understand how my disability or healthcare needs impact me?
- Who else understands my medical needs?
- Are you helping me prepare for and understand how my body is changing?
- Have you talked to me about birth control and reproductive health?
- What support or financial services are available for me as I become an adult?
- Do I qualify for Medicaid or Medicare to help me with medical costs?
- If I do qualify for Medicaid or Medicare, how will that impact my ability to see my current providers?
- If I am sexually active, do I practice responsible sex?
- Do I get regular physicals and routine examinations, as required?

Source

➤ Adapted from LifeCourse Materials <https://www.lifecoursetools.com/learning-materials/>