

Responsibilities Checklist: Working with my Healthcare Team

Let your care team know your skill level in the following areas that are important for transition to adult healthcare by placing the number from 1 to 5 in the boxes below. There is no right or wrong answer, and your answers will be kept private.

Name: _____

Date: _____

- 1** No, I don't know **2** No, but I want to learn **3** No, but I am learning to do this **4** Yes, I have started doing this **5** Yes, I always do this when I need to

1. I can talk to my doctor at my appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I can schedule and attend medical appointments on my own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- 1** No, I don't know **2** No, but I want to learn **3** No, but I am learning about this **4** Yes, but I would like to learn more **5** Yes, I could explain this to someone

3. I know when I should call my doctor about my IBD symptoms and how to contact them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I know what to do if I have a medical emergency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I know how to ask my healthcare team if I need their help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I can use my doctor's healthcare portals to see my test results and make appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I know how to get to and from my doctor's appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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My Goals:

Work with your care team to identify some goals and write them below. Try to make goals that are specific. Include what you want to do and how you will do it. Then, decide when you want to reach your goal. Once you've reached your goal, check it off, celebrate, and move on to the next one! You've got this!

What I want to do	How I'm going to do it	When I will have it done	I'm going to do it! (Initials)		I did it!
			Patient	HCP	
<i>Example</i> Schedule my next appointment	<i>I will review my school calendar with my parents and then call the front office to schedule my next checkup on a day I don't have soccer practice.</i>	<i>By the end of the week</i>	<i>T.S.</i>	<i>M.D.</i>	<input checked="" type="checkbox"/>