

## Rheumatology Adolescent Late Transition Plan

<b>Name:</b>	<b>Start Date:</b>		
	<b>Dates when Plan reviewed:</b>		

Transition Skills	Yes/I can do this on my own and don't feel I need any extra advice	I would like some extra advice/help with this	Action/date
I am confident in my knowledge about my condition and it's therapy			
I understand what is likely to happen with my condition when I am an adult			
I am able to manage my own pain			
I am able to manage my own fatigue (tiredness)			
I usually sleep well.			
I feel confident to be seen on my own in clinic			
I look after my own medication			
I order and collect my repeat prescriptions and book my own appointments			
I call the hospital myself if there is a query about my condition and/or therapy			
I know the plan for my rheumatology care when I am an adult.			
I exercise regularly/have an active life style			
I understand the risk of sexual behaviours whilst taking my medication (if applicable)			
I understand the implications of my condition and drug therapy on future child-bearing (if applicable)			
I know where and how I can access providers of reliable accurate information about sexual health			

Transition Skills	Yes I can do this on my own and don't feel I need any extra advice.	I would like some extra advice and/help with this	Action plan/date
I understand the effect of smoking, drugs or alcohol on my condition and general health			
I am responsible for a particular household chore(s) at home			
I am independent at home – dressing, bathing, showering, preparing meals etc			
I can or am learning to drive			
I know how to plan ahead for being away from home/ overseas trips/ home. Eg storage of medicines, vaccinations			
I know how to deal with unwelcome comments/bullying			
I am comfortable with the way I look to others			
I know someone I can talk to when I feel sad/fed-up			
I understand my eligibility for benefits (if applicable)			
I have a Career Plan (please specify)			
I have had work/volunteering experience			
I am aware of the potential impact (if any) of my condition on my future career plans			
I know how and what to tell a potential employer about my condition (if applicable)			
<b>For young people with Arthritis - I have my joint injections performed without a general anaesthetic</b>			
<b>Please list any other things you would like extra help with:-</b>			