

Adolescent Rheumatology Mid Transition Plan

Name:	Start Date:		
	Dates when Plan reviewed:		

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 understand the medical terms/words and procedures relevant to my condition			
I feel confident to be seen on my own for some/all of each clinic visit			
I understand my rights and responsibilities to information, to privacy and in decision-making and consent.			
I am able to manage my own pain			
I am able to manage my own fatigue (tiredness)			
I usually sleep well.			
I understand what each of my medications are for and their side effects			
I am responsible for my own medication at home			
I know what each member of the rheumatology team can do for me			
I understand the differences between paediatric and adult health care			
I exercise regularly/have an active lifestyle			
I understand what foodstuffs are good for young people with my condition			
I know how to access reliable accurate information about sexual health			
I understand the risk of drugs, alcohol and smoking to my health			
I am responsible for a particular household chore(s) at home			

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 can look after myself at home in terms of dressing and bathing/showering etc			
I know about resources that offer support for young people with my condition			
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 am managing at school eg getting to and around school, school work, PE, friends etc			
I know what I want to do when I leave school			
I have had work experience			
I am aware of any potential impact of my condition to my education and/or work opportunities			
For young people with Arthritis - I have my joint injections performed without a general anaesthetic			
Please list anything else you would like help or advice with-:			

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