

Overview of the stages of transition for young people with SCI

Ages 12-14

Learn about your SCI/D and other health conditions

Learn about what medications you take and if you have any allergies

Learn what to do in case of a medical emergency

Practice talking to doctors and other health professionals

Ages 14-16

Continue to learn about your SCI/D and other health conditions

Begin to see the doctor alone for part of the visit

Talk to your parents/ caregivers about how you can be more independent

Ages 16-17

Talk to your doctor and other health professionals about the process of transition

Take the transition readiness quiz

Fill in the transition checklist

Start to make goals to assist you to prepare for transition

Ages 17-19

Have a meeting with both your old and new health professionals

Make sure your transition checklist is complete

Have you achieved all your transition goals?

Finalise your personal medical summary