

Overview of the stages of transition for parents/caregivers of young people with SCI

Ages 12-14

Support your child to learn about their SCI/D and other health conditions

Help your child to learn what medications they take and if they have any allergies

With your child, identify what to do in case of a medical emergency

Support your child by practicing how they can talk to doctors and other health professionals

Ages 14-16

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

Support your child to see the doctor/health professional alone for part of their visit

Talk to your child about how they can take on more responsibility for their healthcare

Ages 16-17

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

Take the transition readiness quiz

Fill in the transition checklist

Support your child in making goals to assist you and your child to prepare for transition

Ages 17-19

Have a meeting with both your child's old and new health professionals

Support your child to complete their transition checklist

Has your child achieved all their transition goals?

Finalise your child's personal medical summary