

Transition Readiness Checklist

This checklist is for you to complete to help you identify what you already know and what you may want to work on to help you feel prepared for your transition. If there are tasks or skills you identify that you still need to work on, you can use the goal-planning template to help you get ready for your transition.

Remember, you can ask for help completing this checklist from a healthcare professional you trust, a parent/caregiver, or member of the paediatric peer support team.

MY SPINAL CORD INJURY

- I know about my spinal cord injury and how it impacts my body
- I can describe my spinal cord injury to others
- I know what tests I need regularly and why
- I know who to contact if I have questions about my spinal cord injury

MY MEDICATION

- I know what my medications are for
- I know when I need to take my medications without someone reminding me
- I know what to do if I run out of medication
- I know who to contact if I have questions about my medication

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GENERAL HEALTH

I know what to do if I have a health emergency

I am aware of my allergies and know how to manage them

I am aware of my family medical history

I have a health professional I trust whom I can discuss smoking, alcohol, drugs, sex, sexuality, contraception, stress, and anxiety

I have a GP I feel comfortable with

I have my own Medicare card

I have my own Health Care Card

I know if I have health insurance and the details

I can name 2-3 people that can help me with my health goals

APPOINTMENTS

I have a list of my healthcare professionals and how to contact them

I can make my own healthcare appointments

Before I see healthcare professionals I think about what questions to ask and note these down

I feel comfortable seeing healthcare professionals on my own

I feel confident speaking with healthcare professionals and asking them to provide further explanations if I don't understand something

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OTHER HEALTHCARE SKILLS

- I know whether I am covered by the NDIS or another scheme and the details of my plan
- I know who to contact about my NDIS plan (or alternate scheme)
- I know what equipment I need and what it is used for
- I have am aware of my healthcare rights, privacy and confidentiality
- I know how to contact the peer support team

TRANSITION TASKS

- I know which adult spinal unit I will be transferred to
- I have a copy of my referral to the adult spinal unit
- I know if I need to transfer my care to adult spinal support services (e.g. community outreach services)
- I have a list of contact details for my new healthcare team
- I have had a joint transition meeting with both my paediatric and adult healthcare team
- I have completed my personal medical summary for transition
- I have completed all blood tests and x-rays required by the doctor and have copies of the results for my new healthcare team
- I have appointments booked with my new healthcare team