



Transition Readiness Assessment for Youth

The six core elements of health care transition

Please fill out the form to help us see what you already know about your health, how to use health care, and the areas you want to learn more about. If you need help with this form, please ask your parent/caregiver or doctor.

Preferred name	
Legal name	
Date of birth	
Today's date	

Transition importance and confidence

The transfer to adult health care usually takes place between ages of 18 and 22.

Please circle the number that best describes how you feel now.

How important is it to you to move to a doctor who cares for adults before age 22?

0	1	2	3	4	5	6	7	8	9	10
Not										Very

How confident do you feel about your ability to move to a doctor who cares for adults before age 22?

0	1	2	3	4	5	6	7	8	9	10
Not										Very



My health and health care

Please check the answer that best applies now.

	No	I want to learn	Yes
I can explain my health needs to others.			
I know how to ask questions when I do not understand what my doctor says.			
I know my allergies to medicines.			
I know my family medical history.			
I talk to the doctor instead of my parent/caregiver talking for me.			
I see the doctor on my own during an appointment.			
I know when and how to get emergency care.			
I know where to get medical care when the doctor's office is closed.			
I carry important health information with me every day (e.g, insurance card, emergency contact information).			
I know when I turn 18, I have full privacy in my health care.			
I know at least one person who will support me with my health needs.			
I know how to find my doctor's phone number.			
I know how to make and cancel my own doctor appointments.			
I have a way to get to my doctor's office.			
I know how to get a summary of my medical information (e.g., online portal).			
I know how to fill out medical forms.			
I know how to get a referral if I need it.			
I know what health insurance I have.			
I know what I need to do to keep my health insurance.			
I talk with my parent/caregiver about the health care transition process.			



My medicines

If you do not take any medicines, please skip this section.

I know my own medicines.

I know when I need to take my medicines without someone telling me.

I know how to refill my medicines when I need to.

Which of the skills listed above do you most want to work on?



How to score the Transition Readiness Assessment for Youth (for office use only)

The purpose of the transition readiness assessment is to begin a discussion with youth about health-related skills.

Scoring is optional and can be used to follow individual progress on gaining these skills, not to predict successful transition outcomes.

This scoring sheet can be filled out to score a youth's completed transition readiness assessment or it can be used as a scoring guide to refer to when marking the score on their completed assessment.

Each response can be converted to a score of 0 (No), 1 (I want to learn), or 2 (Yes). Because not all youth are taking medicines, numbers in "My health & health care" and "My medicines" should be calculated separately.

My health and health care

Please check the answer that best applies now.

	No	I want to learn	Yes
I can explain my health needs to others.	0	1	2
I know how to ask questions when I do not understand what my doctor says.	0	1	2
I know my allergies to medicines.	0	1	2
I know my family medical history.	0	1	2
I talk to the doctor instead of my parent/caregiver talking for me.	0	1	2
I see the doctor on my own during an appointment	0	1	2
I know when and how to get emergency care.	0	1	2
I know where to get medical care when the doctor's office is closed.	0	1	2
I carry important health information with me every day (e.g., insurance card, emergency contact information).	0	1	2
I know when I turn 18, I have full privacy in my health care.	0	1	2
I know at least one person who will support me with my health needs.	0	1	2
I know how to find my doctor's phone number.	0	1	2
I know how to make and cancel my own doctor appointments.	0	1	2
I have a way to get to my doctor's office.	0	1	2
I know how to get a summary of my medical information (e.g., online portal).	0	1	2



I know how to fill out medical forms.	0	1	2
I know how to get a referral if I need it.	0	1	2
I know what health insurance I have.	0	1	2
I know what I need to do to keep my health insurance.	0	1	2
I talk with my parent/caregiver about the health care transition process.	0	1	2

My medicines

I know my own medicines.	0	1	2
I know when I need to take my medicines without someone telling me.	0	1	2
I know how to refill my medicines when I need to.	0	1	2

My health and health care total score: _____ /40

My medicines total score: _____ /6