

Checklist to identify knowledge gaps of carers prior to commencement of transition of care



As the primary care giver for your teen you will have an important role in the education, support and mentorship of them through the process of transition of care where they will learn the skills needed to navigate adult life and manage their own healthcare independently. So that you can assist them to your full potential, we would like to identify any areas where you may be unsure or need more education, so that we can provide additional support and resources. **Please answer all questions:**

Healthcare Skills	I'm confident	I need more info	Notes	N/A
KNOWING MY CHILD'S CONDITION				
I can confidently name and explain my child's medical condition and treatment plan	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I know the symptoms and complications related to their condition	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I am aware of their allergies and how these effect their care	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I understand the effects of drugs, smoking and alcohol on their health condition	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I understand how their condition might impact fertility and pregnancy	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
MEDICATIONS AND TREATMENTS				
I know the names of their medications, what they are used for and the appropriate dosage	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I know the side effects of their medication/s	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I know what food and drinks could affect their medication/s	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I know which tests they need regularly and why they need them	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I know the importance of getting repeat prescriptions and getting them filled	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
APPOINTMENTS				
I am comfortable explaining how to make and reschedule appointments	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I am comfortable asking healthcare staff when I am unclear about my child's health	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I know that I need a new referral from their GP every year to see a specialist	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I know how to organise payments for appointments and treatments (where needed)	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
SUPPORT/WELLBEING				
You have a trusted GP that your child is happy with	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I know what to do if they become unwell or need urgent medical assistance (including after hours)	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
I am aware of my healthcare rights and responsibilities and how these will change as my child becomes and adult	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
You know where to find information to support your child around transition including around drugs, alcohol, sexual health, coping with stress and managing their condition and healthcare needs	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
TRANSITION TO ADULT SERVICES				
I understand the plan for how my child will transition to adult care	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>