

**Pediatric Pulmonary Center
Transition Checklist**

Part 1: Life Goals, Interests, Skills, Abilities

1. I plan to go to high school Yes No
2. I plan to finish high school Yes No
3. I plan to go to college Yes No
4. I plan to have a job when I'm an adult Yes No
5. What kind(s) of job(s) would you like to have? _____

6. These are my hobbies or interests: _____

7. These are the courses I've taken or activities I've participated in that help prepare me for my future job or interests: _____

8. When I am an adult, I plan to live:
 In my own house or apartment (alone or with roommates)
 With my parents
 With other family members (such as grandparents, sister, brother, aunt, uncle)
 Another place _____
9. When someone asks what I would like my life to be like in 5-10 years, I say: _____

10. The things that will help me reach my goals are: _____

11. The things that may make it hard to reach my goals are: _____

12. These are the chores or activities I've done that help prepare me for living on my own (such as paying bills, doing my own laundry, getting a credit card, cooking, shopping) _____

13. The things I need to know or do on my own before I become independent, related to my healthcare are: _____

14. Please indicate how grown up or responsible most people would consider you:

Not at all A little Somewhat Quite a bit A lot

Please explain: _____

15. Please explain if you think being responsible matters and, if so, why: _____

16. Please put a check in the box to the left of those activities that you consider necessary to becoming independent and being in charge of your own life. On the line to the right, indicate how much you do this. 0=Not at all; 1= a little; 2=somewhat; 3=alot:

- Having your own job/income _____
- Paying your own bills _____
- Driving _____
- Owning your own car _____
- Making your own decisions _____
- Buying your own food _____
- Preparing your own meals _____
- Having a long term relationship with partner or spouse _____
- Cleaning your own room or apartment _____
- Calling to set up your own electricity, cable, gas etc. _____
- Knowing about your health insurance _____
- Working through disagreements (with friends or family) without fighting _____
- Solving problems on your own _____
- Seeking out a friend or family member if you need help _____
- Keeping moods (nervousness, anger, sadness) from becoming overwhelming _____
- Going out with friends _____
- Making own appointments (haircuts, medical, car repair) _____
- Calling with a question (e.g., to see if a store carries something, if a bill is wrong) _____

Part 2: CF-Specific Knowledge

17. When someone asks what CF is, I say: _____

18. When someone asks how CF affects my body, I say: _____

19. If a new doctor asked me to tell him/her my medical history, I would say: _____

20. If someone asks what health problems CF usually causes, I say: _____

21. If someone asks if CF affects my sexuality or reproductive health, I say:_____

22. If someone asks why smoking is bad for CF, I say_____

23. If someone asks if exercise is good or bad for CF and why, I say_____

24. If someone asks why good nutrition and a healthy weight are important for CF, I say_____

25. If someone asks how to increase the fat and calories in foods, I say_____

26. If someone asks why I take ADEK or source CF rather than a generic vitamin, I say_____

27. If someone asks why I do nebulizer treatments, and what would happen if I didn't, I say_____

28. If someone asks why I take enzymes, and what would happen if I didn't, I say_____

29. If someone asks why I do airway clearance, and what would happen if I didn't, I say_____

30. I take my enzymes:

Always

Most of the time

Pretty often

Occasionally

Never

32. I do my airway clearance

Always

Most of the time

Pretty often

Occasionally

Never

31. I do my nebulizer treatments

Always

Most of the time

Pretty often

Occasionally

Never

Please explain what makes it hard to do these treatments or what would make it easier to do them: _____

33. If I'm not feeling well, the person circled below calls the doctor:

Me My mother Someone else

34. If someone asks what medications I take and why I take each one, I say: _____

35. If someone asks if I'm allergic to any medicines, I say _____

36. If someone asks what side effects there might be of my medications, I say: _____

37. If someone asks what I should do if I begin to experience medication side effects, I say: _____

38. If someone asks whether its ok for me to take generic medicines, I say: _____

39. If someone asks what bacteria I grow, I say: _____

40. If someone asks what TOBI and Cipro are and why I take them, I say:

41. If someone asks what Pulmozyme is and why I take it, I say: _____

42. If someone asks what "sensitive" or "resistant" mean, in terms of the bacteria I grow, I say: _____

43. When I'm low on medicines, the person circled below calls the pharmacy:

Me my mother someone else

44. At doctors visits, I answer [the number circled below] of questions the doctor asks:

None A few A lot All

45. At doctors visits, I ask [the number circled below] of questions:

None A few A lot All

46. If someone asked when my next CF appointment was, I would say: _____

47. If someone asked what the name of my health insurance is, I would say: _____

48. If someone asked what health insurance I would have when I'm over 21, I would say: _____

49. If someone asked how to find out about health insurance, I would say: _____

50. If someone asked what things my insurance does or doesn't cover, I would say: _____

51. If someone asked what my insurance deductibles and co-pays are, I would say: _____

52. If someone asked what I do when I get a bill that is incorrect, I would say: _____

53. If someone asked what doctors I will see when I am over 21, I would say: _____
