

If you are aged 12 to 15, it's time to develop the following routines and skills to prepare you for adult care – that's if you haven't started already! Taking responsibility now will help you transition successfully to adult care when you are older.

## Transitioning to adult care (Ages 12 to 15)

### General

- Communicate your needs.
- Ask questions if you don't understand.
- Talk about sexuality with someone you trust.
- Look for older role models.
- Talk with healthcare providers about how you feel about your medical condition or care.



### Social and physical

- Join teams and clubs at school.
- Get involved in activities outside of school, such as camps or physical activities.
- Hang out with friends.
- Discuss dating issues with your parents and peers or someone else you trust.
- Choose the people you would like to tell about your medical condition.

### Self-care

- Help to prepare meals at home.
- Start to find your way around the community.
- Practise budgeting and banking skills.
- Listen to Easy Call messages with your parents.
- Set up your own healthcare routines, such as taking medications and getting bloodwork done.
- Start to make your own medical appointments and keep a record of your medical history, such as doses of medications and bloodwork results.
- Plan ahead to fit your healthcare routines into your life. For example, take your medications with you to evening activities.

## TAKE CHARGE

# TRANSPLANT

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### Education

- Take part in meetings about your education and keep a record. Get to know your school guidance counsellor.
- Talk about career interests and begin to set goals, for example going to college or university.
- Consider volunteer work or a part-time or summer job.
- Be able to explain your medical condition to teachers who need to know.
- Make sure you are in the right high school stream (applied or academic) for your needs.

### Medical

- Take charge of your medications.
- Increase your knowledge of your medical condition and understand reasons for medical tests.
- Discuss eventual need for adult healthcare providers.
- Attend part of your medical appointments by yourself. Prepare a list of questions to ask.
- Discuss birth control, parenthood, drugs, alcohol and smoking with your healthcare team.
- Create or update your own MyHealth Passport (visit [www.sickkids.on.ca/myhealthpassport](http://www.sickkids.on.ca/myhealthpassport)).