

Transition Checklist

- Identify new adult primary care and adult subspecialty providers.
- Ensure appropriate insurance coverage and care coordination.
- Schedule and keep track of appointment dates and times.
- Learn your medications and pharmacy contact information.
- Develop relationships with your durable medical equipment, rehabilitative therapy, and home health nurse providers and know their contact information.
- Discuss future educational, vocational, and independent living plans with your caregivers and school staff.
- Store your medical records and update your calendar in a binder.