



The Transition Developmental Checklist is a list of key skills to support health and independence listed by age. Use the list to promote discussion. You can use the list to work toward health and independence for youth, families, and people who work with them.

This list is not comprehensive. Ages listed are suggested for discussion. Children grow at their own rates and may reach these milestones at different times. The goal is for young people to grow up healthy and ready to learn and to work and “to have a life” to the greatest extent possible.

### Transition Developmental Checklist

<b>Health Behaviors</b>	<b>Discussed Date</b>	<b>Status</b>	<b>Age to Discuss</b>
Learning self care			2
Has beginning knowledge of condition/special needs			2
Independent in self care (especially hygiene, dressing, tooth brushing, hand washing)			4
Is building understanding of condition/special needs and treatments			5
Can describe condition to others			6
Can determine when condition is worsening			6
Is active/exercises to maintain physical fitness			6
Knows basics of nutrition			6
Has someone to talk to about concerns			7
Working with parents/caregivers in doing self-care related to meds and treatments			9
Has plan for emergencies			9
Carries list of medications			9
Carries list of physicians and other health care providers			9
Carries summary medical information			9
Carries copy of insurance/medical card			9
Answers questions from doctor, nurse, therapists, etc. about condition			9
Knows how condition and treatment affects physical, mental, sexual development			9
Knows how smoking, drinking, chewing, drugs affect body and condition			11
Understands sexuality, pregnancy, and birth control			11
Sees doctor for some time privately			13
Manages own medication and treatment regime; notifies caregiver of need for med refills			13
Knows what equipment does and how to fix minor problems			13
Knows side effects of medication and interactions with food, alcohol, etc.			14
Family explores guardianship if needed (age 18 is age of majority when youth legally makes own decisions); assent to consent; health surrogate			14
Has plans for adult health care providers (primary, specialty, dental, DME, pharmacy, therapy, mental health)			15

Has plans for adult health insurance			16
Knows how to use health insurance/medical card			16
Has adult health care providers			17
Has signed release to transfer records			18
Has copy of own records			18

<b>Independence, School and Work Behaviors</b>	<b>Discussed Date</b>	<b>Status</b>	<b>Age to Discuss</b>
Does home chores			2
Goes places with family in the community			2
Communicates own needs and preferences			2
Attends preschool/Head Start			2
Family knows about ADA, IDEA, futures planning, wills, trusts, guardianship issues, power of attorney, health surrogate			3
Follows directions			3
Learning to make choices and experience consequences			4
Interacts appropriately with peers and adults			4
Attends school regularly and is progressing			4
Responds to "What will you do when you grow up?"			5
Has fun, recreation, hobbies			6
Talks about things he/she is good at			6
Does more advanced home chores			7
Uses computer			7
Has personal safety skills – phone, seat belts, gun safety			8
Discusses job and career interests			10
Has friends for social activities			10
Can manage money and has shopping skills			11
Knows about school to work, VR, and other community resources for work preparation			12
Participates in school IEP, 504, transition meetings			12
Has visited workplaces and/or volunteers			13
Can write a resume and complete a job application			13
Works part-time and/or volunteers			13
Can budget money			14
Can grocery shop, cook, plan meals, do laundry, and keep house			14
Has transportation and is planning for driver's license or ADA transportation card			14
Family knows about reapplying for SSI at age 18 with adult standards, exploring supports for community living, waiver programs, respite, other community services for adults with disabilities (get on waiting lists); SSA work incentives – PASS Plan, 1619a and b, Ticket to Work			14
Has contacted VR to discuss services			15
Knows laws, policies, rights, and responsibilities for people with disabilities			15
Has drivers license or state ID card			16
Has job for pay or is actively pursuing education plan that will result in a job.			16
Knows how to register for college entrance exams			16

Knows how to apply to post-secondary institutions and for financial aid			16
Is completing high school			17
Has definite plans for work and/or vocational training /college			17
Has plans for independent living, housing, and personal attendant (if needed)			17

Kentucky Commission for Children with Special Health Care Needs: <http://chs.ky.gov/commissionkids>  
1-800-232-1160