

ADOLESCENT HEALTH CARE SKILLS CHECKLIST

Attachment B-3

HEALTH CARE SKILLS	YES	DATE	NO	NEEDS PRACTICE	PLAN TO START
I can take medications by myself					
Knows medications/allergies					
Knows what medications are for					
I can read directions on medical bottles or boxes for the amount of medicine to take					
Knows how to refill medications					
Knows how to make appointments					
Knows how to keep appointment calendar					
Understands importance of asking questions					
Writes down questions					
Feels comfortable asking about sex, drugs, etc.					
Understands confidential services regarding birth control and how to access them					
Understands impact of alcohol and drugs on medical condition					
Knows how to contact Doctor with non-urgent questions					
Knows warning signs when emergency care is needed					
Knows how to read thermometer					
Knows who to call in an emergency					
Understands insurance, referral process, carries insurance card					
Has medical notebook, understands importance of record keeping					
Knows names and contact numbers of specialists					
Knows who their Doctor will be when they turn 18 and at 21					
Understands role as their own health advocate					
Has contact numbers of appropriate community advocacy organization(s)					
Understands their medical equipment i.e. wheelchair and how to contact vendors for repairs					
Knows the importance of carrying an ID					