

THE SC

SUPPORTED Decision Making

PROJECT

Stop, Look, and Listen: Transition to Adult Health Care



Starting at age 14, we will be encouraging you to begin practicing the skills you will need when your care is transitioned to an adult provider. You can find more transition readiness tools on the family and patient resource page at <https://www.GotTransition.org>.

There are many opportunities to consider and skills you can practice over the next few years as you begin to prepare for a healthy transition.

So, let's get started! Here are some things you can practice. It might take time, but with a little practice and support, you can master some skills before you start to manage health care on your own.

SOUTH CAROLINA
Developmental Disabilities Council

PRISMA
HEALTHSM
able
SOUTH CAROLINA

Columbia Office:

803-779-5121

TTY: 803-779-0949

Greenville Office:

864-235-1421

TTY: 864-235-8978

Additional Resources:

Department of Disabilities & Special Needs:

803-898-9600

Family Connection of SC:

800-578-8570

Vocational Rehabilitation State Office: 803-896-6500




This resource was made possible by Able South Carolina, South Carolina Developmental Disabilities Council, and Prisma Health.

Instructions for using the Stop, Look, and Listen Tool

Step 1: For each skill in the tool, decide how often you have had the opportunity to practice or learn this skill (not at all, some, a lot). **Check the one box that fits best.**

Step 2: Compare the results of the tool with the results of a supporting adult. Highlight the areas of agreement or disagreement about available opportunities to learn or practice important, adult skills.

Step 3: Consider how to increase opportunities for skill building. Think about what skill/skills you would like to learn and practice before your next appointment. Write your ideas here.

Stop, Look, and Listen: Transition to Adult Health Care	 I have had the opportunity to learn and practice this skill a lot.	 I have had some opportunities to learn and practice this skill.	 I have not had opportunities to learn and practice this skill.
Sign in for your appointment			
Have a copy of your insurance information at all times (on phone, paper photocopy, actual card)			
Have a record of doctors and contact information, diagnoses, pharmacy, medications, and allergies (phone, computer, paper copy)			
Communicate with your doctor about how you feel and ask questions when needed (text, sign, speech, write on a communication board, etc.)			
See your doctor on your own for part of the appointment			
Know your diagnoses and describe how they affect you			
Know your allergies and describe how they affect you			
Know what medications you take and why			
Take your medications without any help			
Know when you need a medication refill and how to contact the pharmacy (call, text, online access)			
Have a way to get your medicines (pick-up, delivery, mail, family, friend)			
Schedule and keep track of your appointments (phone, computer, notebook)			
Arrange transportation to and from your appointment (family/friend, public transportation, medicaid van, Uber)			
Access and understand how to use your patient portal			
Discuss resources for supported decision making, guardianship, and alternatives to guardianship with doctor			

Adapted from resources made by
<https://www.GotTransition.org/>.

For more information and resources, visit
<https://www.scsupporteddecisionmaking.org/>