

**GO!** is for young people who have developed many of the skills needed for growing up and are preparing to become independent adults. The items in the checklist focus on the skills that will help you transition into the adult world, specifically related to your health. The skills you require for adult life will depend on your vision and goals for the future.

	<b>SOMETHING I WANT TO WORK ON</b>	<b>WHAT DO I NEED TO DO?</b>	<b>DONE ✓</b>
<b>Self-Advocacy</b>			
I know how my role in my family will change when I become an adult.			
I know where to find support and information.			
<b>Social and Recreation</b>			
I make plans to spend time with my friends.			
I participate in youth or adult social and recreation activities.			
I know about safe sex and healthy relationships.			
I have adults in my life who care about me other than my parents (teacher, mentor, coach, religious leader, and other family members).			
<b>Independent Living Skills</b>			
I prepare meals, follow a recipe, or if unable, can tell someone how to do it.			
I can do my own laundry or, if unable, can tell someone how to do it.			
I take care of my personal care needs or, if unable, can tell someone how to do it.			
I manage my budget.			
I go out in my community on my own.			
I take public transportation on my own.			
I can drive.			
I have assistive devices and the technology I need.			
I understand and can describe how my strengths and weaknesses affect my daily life.			
I explore where I will live in the future.			
<b>School and Work</b>			
I have a plan for after high school.			
I have a volunteer position/internship and/or summer or part-time job.			
I have a career goal.			
I know what I need to do to be successful in school or at work.			
I know when it is appropriate to talk about my disability (job interview, college application).			

	<b>SOMETHING I WANT TO WORK ON</b>	<b>WHAT DO I NEED TO DO?</b>	<b>DONE ✓</b>
<b>Health and Wellness</b>			
I know about sexual health, family planning, and genetics.			
I have personal health and wellness goals and understand the risks of an unhealthy lifestyle.			
I know what medications to take for things like a cold, headache, stomachache, or fever.			
I refill my medications when it is time.			
I can explain my medical history.			
I can contact my doctors to schedule appointments and can tell them about any changes in my health.			
I go to my appointments alone or choose someone to assist me.			
I decide what treatments I need with my doctor and I sign my medical consent forms.			
My doctor and I have talked about doctors and specialists for adults.			
My care manager and I are writing a Portable Medical Summary of my medical diagnosis, history, allergies, treatments, and emergency information.			
<b>Healthcare System</b>			
I can tell someone about how my health insurance plan works (co-pays, services covered), and I carry a copy of my insurance card.			
I know if I receive SSI (Supplemental Security Income) and how to apply to be eligible for SSI when I am 18.			
I know how long I will be covered under my current health insurance plan and what I need to do to keep my coverage (like be a full time student).			
I know what my legal rights and responsibilities will be when I am 18 (sign medical consent forms, make medical decisions by myself).			
I am planning for my transfer to adult healthcare, including continued dental care.			

**Now that you have completed GO !, the last level of the checklist series, take some time to think about all you have accomplished throughout your transition from childhood to adulthood.**