

Instructions for *My Life, My Health* Checklists: *Ready? Get Set. Go!*

1. *My Life, My Health* Checklists: What Are They?

They are a series of checklists (*Ready? Get Set, Go!*) designed to help young people and their families develop skills for growing up and getting ready for the future.

2. Why Were The Checklists Developed?

The checklists were developed as part of a framework for transition planning at the Office of Special Health Care Needs in the Rhode Island Department of Health. They help youth and families begin preparations for adulthood at an early age by setting goals and making plans for all levels of development.

3. Who Are The Checklists For?

- The checklists are designed for **all** young people and their families.
- Professionals can play a key role in introducing the checklists to youth and families and supporting them in making action plans for the goals they identify.

Items in the checklists are designed to encourage conversation about growing up, making choices, and participating actively in life.

Parents may choose to adjust the wording, since some of the items might not seem necessary for *all* young people.

By addressing these items, young people and their families will work towards positive daily routines and habits.

4. How Do Young People And Their Families Use The Checklists?

- Young people and their families should answer the questions and use the checklists as tools to identify areas of learning and to encourage questions to explore as a young adult, a family, or with a healthcare provider.
- The intent is that young people and their families will keep, refer to, and update the checklist items.
- When first getting started, parents may take on a leadership role in using the checklists. When developmentally appropriate, the young person should gradually take an increasing responsibility for goal setting and planning.

A Shared Management Model

This is an approach for transition planning and is the framework from which the checklists were based.

- ✓ A therapeutic alliance between youth, families, schools, and service providers is essential to allow young people with special healthcare needs to develop into independent, healthy, functioning adults.
- ✓ Roles of players in the alliance change as the young person grows up. Healthcare management is gradually shifted in a planned, systematic, and developmentally appropriate way from the parent and service providers to the young person.

(Bloorview Kids Rehab, Guidelines for Service Provider, 2007)

5. Service Providers Can:

- Encourage youth and families to use the checklists to set goals and make plans for developing skills for growing up.
- Assist families in making action plans to meet their identified goals; suggest workshops, services, resources, or strategies that may encourage or help them.
- Raise developmentally appropriate life skills in goal discussions if young people and families do not.
- Incorporate life skills goals in service plans, 504s, Individualized Education Plans (IEPs), and Individualized Learning Plans (ILPs).
- Ask what goals youth and families are currently working on.
- Reflect on how they can incorporate the shared management model in their work.

6. Which Checklists Should The Young Person and Family Use?

- The checklists include a developmental progression of skills.
- The young person and family move from one checklist to another based on their level of preparation for adulthood. For example, an 11-year-old may be using *Ready?* and another may be using *Get Set*.
- More than one may be used at a time.

7. Are There Specific Age Ranges For These Checklists?

Generally speaking, the checklists may be appropriate for the following age ranges:

Ready? ages 7-12

Get Set ages 13-16

Go! ages 17 and older

Every young person will move through the checklists at his or her own pace. As you review goals and progress with the young person and their family, discuss with them how they feel and ask them if they are ready for the next checklist in the series.

Ready? is for youth and families just starting to think about growing up and is to be used as early as possible.

As early as age 7, young people can think about the statement, "I ask at least one question during a healthcare visit".

Get Set is for those who have taken some steps in planning for the future and focuses on next steps.

Young people can work on, "I ask my doctor questions during healthcare visits".

Go! is for those nearly ready to transition into adult services.

Young people address, "I ask most of the questions during a healthcare visit".

8. Tips For Service Providers Helping A Young Person Transition To Adulthood:

- ✓ Speak directly to the young person, whenever possible. When appropriate, suggest meeting alone with the young person for a portion of the time.
- ✓ Direct questions to the young person. Ask the young person if they have any questions.
- ✓ Provides choices and discuss options with the young person; request their input.

Office of Special Healthcare Needs

For more information, call the
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401-222-5960 / RI Relay 711

