
HEALTH NEEDS, MEDICINES, AND ALLERGIES

PARENTS & CAREGIVERS

Your child's teenage years is a great time to help teach them about their health issue, how to manage it, and how to properly take their medications.

You can support your child by:

- Helping them understand their health concerns
- Assisting them in taking medications
- Teaching them how to make their own appointments

Helpful Tips

- Take inventory of what your child currently knows about their health issue, medications, or allergies
- Help your child research their health conditions and discuss with them what information they find
- Assist your child in developing at least one question that they can ask their provider at their next appointment
- Help your child develop a system for tracking their medications and future appointments
- Provide your child with a copy of their health insurance card

Assess Your Child's Transition Readiness

Got Transition is the federally funded national resource center on health care transition. It aims to improve transition from pediatric to adult health care using evidence-driven strategies for health care professionals, youth, young adults, and their families.

Got Transition has developed a "Health Care Transition Quiz". Take this quiz to see if your child is ready to start the transition to adult health care. If applicable, share your results with your child and their health care provider.

Health Care Transition Quiz for Parents & Caregivers:

<https://gottransition.org/parents-caregivers/hct-quiz.cfm>

Got Transition Website: <https://gottransition.org/>