

Transition verification checklist (Patient)

Full name: _____

12 - 14 years old

Confirm registration to Muscular Dystrophy Canada and match with a transitioned patient

Learn to communicate your illness using the 3 sentences

Sentence 1: My age, my diagnosis and my brief medical history

Sentence 2: My treatment plan

Sentence 3: My question / concern to raise during this visit

Register/ request for a family physician

Apply for a social insurance number (if your parents haven't yet): essential for job applications, accessing government benefits, and use of identification

Start an educational plan (Post-Secondary)

Start Parent/Family Checklist (can use the below link as a reference):

<http://www.bcchildrens.ca/transition-to-adult-care/Documents/ONT-ParentFamily-Checklist.pdf>

15 - 16 years old

Practice communicating your illness in 3 sentences

Practice directing others and advocating for yourself

Reflect on driving lessons

Gather your questions on sexual and/or emotional health

Create a self-care plan (i.e. exercise routine, non-work hobby, eating healthy)

Verify Family physician status

Reflect on your educational plan

Open a bank account (to begin savings)

Think about the housing plan and home adaptation

Confirm when pediatric coverage expires with your insurance provider

Transition verification checklist (Patient)

Full name: _____

17 - 18 years old

Be able to communicate your illness confidently

Make sure you are registered with these services for continued care as an adult: physiatrist, occupational therapist physio, psychologist, sexologist,

Registered to driving lessons

Practice organizing and making your own appointments

Start an educational plan (Post-Secondary)

Create your work plan and set goals

Understand and discuss with your doctor treatment expectations after age 18

Housing plan

Set up legal guardianship

Complete/submit your tax credit (Federal and provincial):
Link for the Federal form (TD1):
<https://www.canada.ca/en/revenue-agency/services/forms-publications/td1-personal-tax-credits-returns.html>

Make sure you have orthotics and equipment before the age of 18

Register for sports/activities.

Familiarize yourself with the motor function assessments and inform your new Physio of any important information.

19 and up

Make sure to have an annual appointment with your family physician

Maintain an up-to-date list of all adult care providers and services.

Access to a list with all the offered services

Confirm your living situation and be aware of the services offered (work / study / housing / leisure / tax credit)

Continue developing a life plan and create or involve your support networks