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# SHARE Transition Checklist

*Getting ready to talk about health care transitioning with your doctor*

## Introduction

This checklist helps caregivers and youth (age 14-25) with intellectual and developmental disabilities (IDD) talk about skills and supports needed for successful transition into adult life. It includes the following topics: Supports for communication and capability; Healthcare transition and transfer; Activities and engagement; Relationships and wellbeing; Exploring services and supports (SHARE).

## How to use this checklist:

- ▶ Together with the person with IDD, discuss each item in the checklist and indicate the level of support needed.
- ▶ Some items do not apply to everyone. Feel free to skip an item.
- ▶ There might be a lot to talk about. You can complete the checklist over several sessions.
- ▶ Use the results of the checklist to decide which skills and supports are important to the person with IDD for transition planning. Summarize these in section 6.
- ▶ Summarize caregiver concerns regarding transition planning in section 7.
- ▶ Bring the summaries to an appointment with the healthcare provider to discuss transition planning.

# Share Transition Checklist

## Getting ready to talk about health care transitioning with your doctor

Name of primary caregiver	
First	Last

Name of person with IDD		Date of Birth:	Today's Date:
First	Last		

**Checklist**

- ▶ Read each item together out loud.
- ▶ Talk about the supports you need and how this will look in the future
- ▶ Put check marks in the table to indicate what amount of support is needed.

### 1 Supports for Communication and Capabilities: Talking about my health and making healthcare decisions.

Skill	Level of Support				Does not apply to me
	Yes, I do this	I am learning how to do this	I need to learn how	I need someone to help me do this – who?	
1. I can tell people when I am sick or hurt.					This Applies to Everyone
2. I can explain my health and my disability to a new doctor.					
3. I can name my medications and explain what they are for.					
4. I carry my health card with me to doctor's office/emergency department.					
5. I can name my doctors and other providers.					
6. I can tell my doctor what I need during health care visits.					
7. I choose whether I spend time alone with my doctor at each visit.					
8. I bring someone I trust to healthcare appointments to help me.					
9. I can ask a doctor to explain something again if I don't understand.					This Applies to Everyone
10. I can make my own decisions about my health.					
11. I know who would help me if I were not able to understand a healthcare decision.					

### 2 Healthcare Transition and Transfer: Managing my healthcare appointments, medication, and treatments.

Skill	Level of Support				Does not apply to me
	Yes, I do this	I am learning how to do this	I need to learn how	I need someone to help me do this – who?	
12. I can book an appointment.					
13. I keep track of my doctor and dental appointments (eg, calendar, agenda).					
14. I can get to my healthcare appointments – walk, get a ride, public transit, drive, etc.					
15. I keep my important health information organized (eg, binder, files, box, online).					
16. I take my medications safely (right amounts) and on time.					
17. I know what to do if I miss a dose.					

Skill	Level of Support				
	Yes, I do this	I am learning how to do this	I need to learn how	I need someone to help me do this – who?	Does not apply to me
18. I know the side effects of my medication(s) and what to do if I have any.					
19. I know how to get a medication refill and how this is paid for.					
20. I fill my prescriptions at my pharmacy.					
21. I take care of my own treatments (eg, asthma treatments, G-tube care, CPAP machine).					
22. I know who to call to get equipment and medical supplies I need (eg, wheelchair, orthotics).					

### 3 Activities and Engagement: Participating in activities at home, in my community.

Skill	Level of Support				
	Yes, I do this	I am learning how to do this	I need to learn how	I need someone to help me do this – who?	Does not apply to me
23. I bathe, eat and get dressed on my own.					
24. I have good habits to stay healthy (eg, brush teeth, sleeping, eating, exercise)					
25. I do chores like cooking, cleaning in my home.					
26. I can manage in the community on my own (eg, manage money, shop, take transportation).					
27. I know how to find options for more education/training after high school ends.					
28. I know how to find programs to help with employment or volunteering.					
29. I know how to find fun activities and places to hang out my community.					
30. I know how my health conditions might affect my life and my future.					
31. I am making plans for my future, with others supporting me.					
32. I take care of my own treatments (eg, asthma treatments, G-tube care, CPAP machine).					
33. I know who to call to get equipment and medical supplies I need (eg, wheelchair, orthotics).					

### 4 Relationships and Wellbeing: having healthy relationships and feeling supported.

Skill	Level of Support				
	Yes, I do this	I am learning how to do this	I need to learn how	I need someone to help me do this – who?	Does not apply to me
34. I see friends regularly					
35. I keep safe (eg, online safety, fraud, theft, exploitation).					
36. I know how to cope with stress.					
37. I can talk about my emotional (mental) health.					
38. I can talk about my body, sex and relationships with people I trust.					

## 5 Exploring Services and Supports: finding programs and funding for me and my family.

Skill	Level of Support				
	Yes, I do this	I am learning how to do this	I need to learn how	I need someone to help me do this – who?	Does not apply to me
39. I know how and when to apply to services and funding for adults with disabilities					

## 6 Youth Summary

**How to fill out this section**

- ▶ Look at the answers in the checklist
- ▶ Together, answer the questions below to summarize what you talked about
- ▶ Bring this summary to the healthcare provider

**1. From the checklist, choose a skill or task you need to learn:**

  
  
  
  
  
  
  
  
  
  

**2. Who are some of the people in your life who could help you learn this?**

  
  
  
  
  
  
  
  
  
  

**3. What would you like to do after you graduate from high school? Is there anything you can do now to help prepare?**

  
  
  
  
  
  
  
  
  
  

**4. What supports do you need to stay healthy?**

## 7 Caregiver Summary

After you have completed the checklist, think about goals you may have for transition planning. Answer the following questions and bring these to your child's healthcare team:

### 1. What are ways you can help the young person build skills they need in the future?

### 2. When will your child be leaving school and the system of supports for children with disabilities? It is important to explore what opportunities are available in your community to help your child participate in activities that are important to them and build relationships as an adult. Who can help you learn about opportunities in your community?

### 3. How are you coping as a caregiver? Do you feel you have the support you need right now?

### 4. What supports do you think you and your family will need in the future? Do you have questions about supports for adults with disabilities? (funding, housing, employment, healthcare, respite, behavior therapy, case management)? Who can help you in answering these questions?

### 5. What do you think would be important to discuss with the healthcare provider?

Remember that healthcare providers can:

- o Make referrals for adult specialists
- o Help fill in forms to indicate eligibility for certain types of adult/services supports
- o Help with common health issues for young people like (eg, puberty, menstruation, sexuality, mental health)
- o Refer for specialized health supports if available in community (eg, behavior therapy, psychiatry, occupational therapy, social work, counselling)

## Supporting materials

### Resources for caregivers - Canada

#### Plan Institute

<https://planinstitute.ca/>

#### Registered Disability Savings Plan (RDSP), Government of Canada

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>

#### Disability Tax Credit, Government of Canada

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

#### Respite Services

<https://www.respiteservices.com/>

### Resources for caregivers – Ontario

#### Planning and resources guides

##### P4P Partners for Planning

<http://www.partnersforplanning.ca/>

#### ConnectAbility

<https://connectability.ca/en/>

#### Individualized Funding Library

<https://iflibrary.ca/>

### Government funding and services

#### Developmental Services Ontario

<https://www.dsontario.ca/>

#### Ontario Disability Support Services

<https://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/>

#### Education and employment

Inclusive Education, Ontario Colleges

<https://www.ontariocolleges.ca/en/programs/education-community-and-social-services/inclusive-education>

#### Finding Youth Employment, Government of Ontario

<https://www.ontario.ca/page/get-help-finding-youth-or-student-job>

### Tools for healthcare providers, caregivers, and patients

#### Good 2 Go Transition Program

SickKids Hospital, Toronto, Ontario

<http://www.sickkids.ca/patient-family-resources/resource-navigation-service/transitioning-to-adult-care/index.html>

#### Got Transition, The National Alliance to Advance Adolescent Health, Washington, USA

<https://www.gottransition.org/index.cfm>

Some of these supporting materials are hosted by external organizations and the accessibility of these links cannot be guaranteed. The DDPCP will make every effort to keep these links up to date.

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