

Transition Developmental Checklist

Name: _____

This checklist is a list of key skills to support health and independence listed by age. Ages listed are only suggestions; children develop at their own rates and may reach these milestones at different times. The goal is for young people to grow up healthy and ready to learn and work and to live their lives to their own potential. Use the list to promote discussion and to assist youth, families and the people who work with them to work toward good health and independence for youth.

Transition Development Behaviors	Age to Discuss	Discussed Date	Status/Notes
Health Behaviors			
Learning self-care	2		
Has beginning knowledge of condition/special health care needs	2		
Independent in self-care (especially hygiene, dressing, tooth brushing, hand washing)	4		
Is building understanding of condition/special health care needs & treatments	5		
Can describe condition to others	6		
Can determine when condition is worsening	6		
Is active/exercises to maintain physical fitness	6		
Knows basics of nutrition	7		
Has someone to talk to about concerns	9		
Working with parents/caregivers to do self-care related to medications & treatments	9		
Has plan for emergencies	9		
Carries list of medications	9		
Carries list of physicians & other health care providers	9		
Carries summary medical information (ex: Portable Medical Summary)	9		
Carries copy of insurance/medical card	9		
Answers questions from doctor, nurse, therapists, etc., about condition	9		
Knows how condition & treatment affects physical, mental, sexual development	9		
Knows how smoking, drinking, chewing tobacco or drugs affect body/condition	11		
Understands sexuality, pregnancy and birth control	11		
Sees doctor for some time privately	13		
Manages own medication and treatment regime; notifies caregiver of need for med refills	13		
Knows what equipment does and how to fix minor problems	13		
Knows side effects of medication & interactions with food, alcohol, etc.	14		
Family explores guardianship if needed (age 18 is age of majority when youth legally makes own decisions); assent to consent, health surrogate, power-of-attorney (medical, financial, etc.)	14		
Has plans for adult health care providers (primary, specialty, dental, DME, pharmacy, therapy, mental health)	15		
Has plans to obtain adult health insurance	16		
Knows how to use health insurance/medical card	16		
Has adult health care providers	17		
Has signed release to transfer records	18		
Has copy of own records	18		

Adapted from Kentucky Commission for Children with Special Health Care Needs

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Transition Development Behaviors	Age to Discuss	Discussed Date	Status
Independence, School and Work Behaviors			
Does home chores	2		
Goes places in the community with family	2		
Communicates own needs and preferences	2		
Attends preschool/Head Start	2		
Family knows about ADA, IDEA, futures planning, wills, trusts, guardianship issues, power of attorney, health surrogate	3		
Follows directions	3		
Learning to make choices and experience consequences	4		
Interacts appropriately with peers and adults	4		
Attends school regularly and is progressing	4		
Responds to "what will you do when you grow up?"	5		
Has fun, recreation, hobbies	6		
Talks about things he/she is good at	6		
Does more advanced home chores	7		
Uses computer	7		
Has personal safety skills (phone, internet (ex: social media) seat belt, gun safety)	8		
Discusses job and career interests	10		
Has friends for social activities	10		
Can manage money and has shopping skills	11		
Knows about school-to-work, vocational rehabilitation (DARS), and community resources for work preparation	12		
Participates in school IEP, §504, transition meetings	12		
Has visited workplaces and/or volunteers	13		
Can write a resume and complete a job application	13		
Works part-time and/or volunteers	13		
Can budget money	14		
Can grocery shop, cook, plan meals, do laundry & keep house	14		
Has transportation & is planning for driver's license or mass transit card	14		
Family knows about reapplying for SSI at age 18 with adult standards, exploring support for community living, waiver programs, respite, other community services for adults with disabilities (get on waiting lists), SSA work incentives – PASS Plan, §1619(a) and (b), Ticket to Work	14		
Has contacted DARS to discuss services	15		
Knows laws, policies, rights & responsibilities for people with disabilities	15		
Has driver's license or state ID card	16		
Has job for pay or is actively pursuing education plan that will result in a job	16		
Knows how to register for college entrance exams	16		
Knows how to apply for post-secondary institutions & for financial aid	17		
Is completing high school	17		
Has definite plans for work and/or vocational training/college	17		
Has plans for independent living, housing, and personal attendant (if needed)	27		

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