

How-To Create A YHT Plan



Are you unsure about how to get started with your transition plan? YHT readiness assessment questions can help guide your YHT plan.

This how-to guide uses YHT readiness questions and your answers to create a sample plan. If you need help ask your parent or guardian.

Set goals for completing your plan activities, like I will do this in 6 month or a year. As you complete tasks, update your plan and add new goals. Share your YHT plan with your health care providers.

There is **no** wrong way to do a transition plan. It is your plan, your goals, your future! Add education or travel goals if you want. **My Transition Plan** is just an example. Get started on **Your Transition Plan!**

Transition Plans Step-By-Step	My Transition Plan
<p>1. Do you call to make your own doctor's appointments?</p> <p>Yes- If your answer is yes, great! Go to #2.</p> <div data-bbox="82 821 583 978" style="border: 1px solid green; padding: 5px; display: inline-block;"> <p>If No, create a plan</p> </div>	<p>1. I will learn to manage my healthcare appointments.</p> <p>Enter my healthcare provider contact numbers into my phone or keep a list in my wallet</p> <p>Call or go online and schedule my own healthcare appointments</p> <p>Keep a calendar with my appointments</p>
<p>2. Do you talk directly with your health providers?</p> <p>Yes- If your answer is yes, great! Go to #3.</p> <div data-bbox="82 1171 583 1329" style="border: 1px solid orange; padding: 5px; display: inline-block;"> <p>If No, create a plan</p> </div>	<p>2. I will take an active role in my healthcare.</p> <p>Let your parent or guardian know you are ready to take an active role in your health and healthcare</p> <p>Write down your questions before visits</p> <p>Practice talking directly with your providers. When you are ready, ask to meet with providers privately for part of the visit.</p>
<p>3. Do you know how to read a pill bottle label? Do you know how/where to fill a prescription?</p> <p>Yes- If your answer is yes, great!</p> <div data-bbox="82 1583 583 1740" style="border: 1px solid blue; padding: 5px; display: inline-block;"> <p>If No, create a plan</p> </div> <p>*A prescription is the medicine your doctor orders</p> <p>*Over-the-counter medicine is things like aspirin that you can buy at the pharmacy without a doctor's order.</p>	<p>3. I will find out what info is on the pill-bottle label. I will learn how to order my medicine at the pharmacy.</p> <p>Learn what information is found on a pill-bottle label (see worksheet link in the sidebar on the YHT Skills page)</p> <p>Find out what info is needed to fill your prescription.</p> <p>Practice calling in a prescription refill to your pharmacy.</p> <p>*The information on the label is important because it has instructions on how to take your meds safely</p>

➡ When you are ready for more questions go to the [YHT Plans](#) page and click on a readiness assessment!