

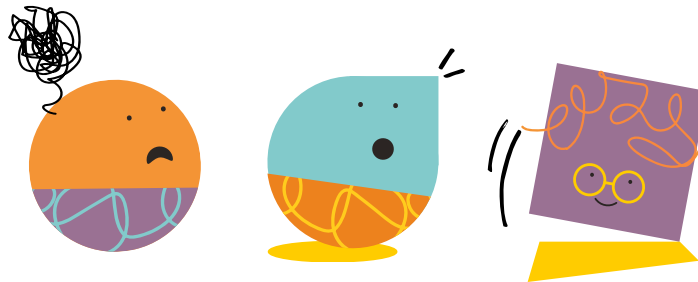
MY

transition

checklist

Your CF team might have their own version of this checklist, which you can use instead of or alongside this checklist.

Here are some things you'll want to know about, have done or feel confident doing by the end of your transition. You can tick red, amber or green as you become more confident with each item on the checklist. You can also use this checklist to talk with your old and new teams about how you're getting on with your transition.

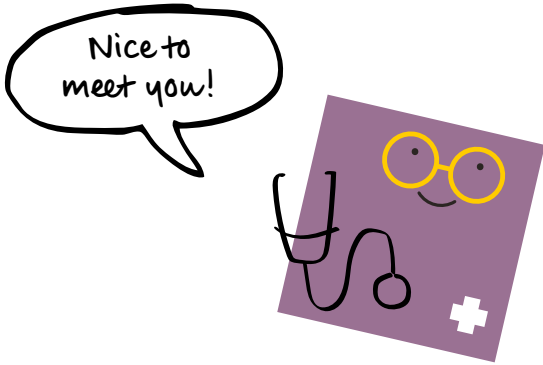


Knowledge

Select how well you understand the following things:	red	amber	green
I know what the plan is for moving from paediatric to adult care.			
I can describe how CF affects me.			
I understand the medical language used by CF professionals and feel comfortable asking them to explain anything I don't.			
I can talk about how well or unwell I'm feeling, and explain changes in my symptoms.			
I know when to take my medications, how many to take, what they're called and what side effects they have.			
I know what physiotherapy I need to do and how often I need to do it.			
I know what and how much I need to eat to help manage my CF.			
I know what exercise I need to do to help manage my CF.			
I understand how CF might affect my fertility.			
I know about the resources for young people that are available to help me.			
I understand my right to confidentiality.			

Meeting the team

Like your paediatric team, your adult team will have lots of different roles in it. You can check off each member of your team once you have met them, and fill in their information on the adult CF team template. Not all teams will have all of these roles though, so you may not be able to tick all the boxes.



Once you've met, give them a tick...	<input checked="" type="checkbox"/>
I've met my consultant.	
I've met my nurse.	
I've met my dietitian.	
I've met my physiotherapist.	
I've met my psychologist.	
I've met my social worker.	
I've met my youth worker.	
I know who's who in my adult CF team and who to go to for support with different things.	
I've visited my new CF centre.	

Becoming independent

Here are some ways that you might start to become more independent once you've moved to adult care.

Select how confident you are at doing the following things:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	red	amber	green
Attending appointments alone or choosing who I want to attend with me.			
Asking and answering questions in clinic.			
Booking or rescheduling appointments.			
Ordering and collecting repeat prescriptions.			
Calling the clinic if I have a question about my CF, medication or treatment.			
Travelling to my appointments alone.			
Making decisions about my health and care with my CF team.			
Planning ahead to manage my CF away from home or when travelling. Eg I know how to store medicines and make sure I have enough.			