**TRANSITION ACTION PLAN**

**EARLY TRANSITION (11-13 YEARS)**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **DOMAINS/GOALS** | **ACTIVITIES TO ACHIEVE GOALS** | **Teaching Dates/ Outcome** |
| **TRANSPLANT KNOWLEDGE** |
| The early adolescent can: * state why he/she needed to have a transplant
* describe in very general terms what rejection is, what the HCP would do to diagnose rejection, and how it is treatment
* state why labs are checked routinely
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| **MEDICATIONS** |
| The early adolescent:* can correctly list all prescribed medications and the primary reason why each med is prescribed
* can state the times he/she takes medications daily
* is aware that his/her parents/guardians have a list of medications; will have his/her own list by age of 13
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| **ADHERENCE** |
| The early adolescent: * can state why it is important to take medications daily and as prescribed
* is aware of how often he/she misses medications
* is taking medications with some degree of independence by age 13
* can describe routine for taking medications *(takes on his own, parents/guardians give or remind, etc.)*
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| **RISK-TAKING BEHAVIORS** *For >****12 year olds*** *only or if appropriate based on psychosocial development and cultural context.* |
| The early adolescent * can state that smoking, drinking alcohol, and taking drugs could be more harmful for transplant recipients
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| **MANAGING MY HEALTH: WHAT I DO TO STAY HEALTHY** |
| The early adolescent:* is participating in activities to promote healthy living
* can list foods that transplant recipients should avoid
* is aware that sun exposure can be harmful to transplant recipients and knows/practices at least 2 skin protection strategies
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| **DOMAINS/GOALS** | **ACTIVITIES TO ACHIEVE GOALS** | **Teaching Dates Outcome** |
| **MANAGING MY HEALTH CARE NEEDS: SELF-ADVOCACY** |
| The early adolescent is demonstrating early self-advocacy skills through:* discussing their care with parents/guardians, particularly if there are changes in medications or their health
* talks directly to his/her HCP for at least a brief period of time about his/her care and health status
* knows who is responsible for keeping track of appointments, meds, labs
* knows parent/guardians’ plan for an emergency situation
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| **REPRODUCTIVE HEALTH** *For >****12 year olds*** *only or if appropriate based on psychosocial development and cultural context.* |
| The early adolescent:* has an understanding that having a transplant may include additional care or concerns when considering pregnancy
* has a general awareness of what an STI is and that these may be of greater concern for transplant recipients
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| **SCHOOL/WORK** |
| The early adolescent: * can describe how he/she feels about school
* is attending school regularly
* has some early thoughts of what he/she may like to do when they are older
* can state any concerns they may have about how transplant affects what they would like to do
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| The early adolescent: * can describe what he/she does when feeling stressed or overwhelmed
* can identify his/her support system
* demonstrates a connection to school or community
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| **SELF-ESTEEM** |
| The early adolescent:* can list perceived concerns about his/her health as a transplant recipient
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| **HEALTH CARE INSURANCE** |
| The early adolescent:* has an understanding that health care insurance helps pay for medications and medical expenses
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