

# MY HEALTH

**Now that you have reached adolescence, you will gradually take more responsibility for your own health and treatment. This checklist will help you figure out what you need in terms of knowledge and skills. Check off and choose areas you wish to make improvements upon looking forward.**

Name:.....

Date of birth:.....

Date:.....

Knowledge and skills	I'm on top of this	I need to work on this	Not applicable
<b>My medical condition</b>			
I am able to describe my diagnosis and treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of any allergies I have and how to manage them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to prepare and ask questions to my doctor, nurse or others involved in my treatment at the hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to answer questions from my health care team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know my current weight and height	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep track of my appointments and know how to make or reschedule my appointments if necessary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Medication and treatment</b>			
I know my medications, what they are for and what possible side effects they have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am responsible for taking my own medications and for storing them properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to get my prescriptions renewed, and I can get them myself at the pharmacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take responsibility for my own treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Getting help</b>			
I know when to seek medical help, including in an emergency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know who to contact for medical treatment advice, including in an emergency and when the doctor's office is closed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Rights</b>			
I know that I can speak with my health practitioner by myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what is meant by health personnel's duty of confidentiality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what rights I have from age 12	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what it means to reach the legal age for self-determination on health matters (from the age of 16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Knowledge and skills	I'm on top of this	I need to work on this	Not applicable
<b>Support</b>			
I have friends who know about my diagnosis and who can help and support me in case I need it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know about patient organizations and whether there are specific youth sections I can join	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know who to contact for guidance about further education and career choices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Wellbeing</b>			
I know what precautions I have to take when physically active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know the benefits of taking care of myself properly and how nutrition, sleep habits and stress affect me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how drugs and alcohol can affect my medical condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know where to get information about sexual health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know who to contact for help with my mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## IDENTIFY THE MOST IMPORTANT AREAS YOU NEED TO IMPROVE AND ENTER THEM IN THE TABLE BELOW:

This is something I want to get better at:	This is what I can do to get better at it:	Date achieved!
1.	1.	
2.	2.	
3.	3.	
4.	4.	
5.	5.	

**OTHER:**