Young adults transitioning to adult health care providers need to develop certain self-advocacy, self-care, and self-management skills:

* Ability and willingness to tell the doctor about their history, current symptoms, lifestyle, and self-care in just a few minutes (including carrying their own records and a summary of their medical history).
* Ability to ask questions about his or her condition and how it will affect school, work, recreation, and social life.
* Ability to tell the doctor about his or her needs for education, technology, and accommodations and discuss how their condition affects or might be affected by these.
* Willingness to follow medical recommendations that have been mutually developed by youth with their doctor.
* More independence in following up with referrals and communicating with medical and insurance providers.
* More involvement in keeping yourself well
  + diet and weight control
  + exercise and recreation
  + following medication
  + treatment and hygiene regimens
  + limiting risk-taking behaviors (such as drinking alcohol, smoking, taking non-prescription drugs, or unsafe sexual practices)
  + getting help when you feel angry, lonely, or sad for long periods.
* Being more aware of their physical and mental symptoms and health needs and informing your doctor before they have a serious medical crisis.
* Developing a plan for when you need emergency care:
  + when to consult with the doctor
  + what hospital to report to
  + what care he or she wants and does **not** want

Adapted from Finding and Using Adult Health Care KY Commission for Children with Special Health Care Needs KY TEACH Project