

# YOUTH QUIZ

## I AM #ONTRAC

A LIST OF QUESTIONS TO HELP YOUTH LEARN TO MANAGE THEIR HEALTH AND GET READY FOR ADULT CARE

PUT A SYMBOL IN EACH BOX TO COMPLETE THE QUIZ



GOT IT!



NEEDS WORK

## Voice

	I ask health care providers questions about my health
	I meet with health care providers on my own
	I can describe my health conditions to others
	When my symptoms are getting worse, I contact the clinic for help
	I visit my family physician, at least once a year, for check-ups, referrals, prescription refills, birth control or emotional concerns
	I know what my long-term health problems might be
	I know what patient's rights and confidentiality mean
	I understand the risks and benefits of health care treatments before consenting
	I know who my adult care providers will be, how often to see them and for what

## Action

	I know what I am allergic to (food, medication or other)
	I know the names of my medications and what each is for
	I know the side effects of the medications I take
	I take my medications on my own
	I know how to fill my own medication[s] prescriptions
	I do my own home treatments or therapies
	I get my blood test results on my own
	I know the reasons for my tests
	I have an emergency plan - who to call for what
	I carry emergency information with me - care card, phone numbers and/or medic alert
	I know how to order and use my equipment and/or supplies
	If I have home care, I am talking to my care providers about how these services will change as I get older
	I can make and get to my health care appointments on my own
	I know how to get my medical/health records

## connections

	My family supports me in managing my health and plans for transition
	I talk to my family/ friend[s] about my problems and worries
	I participate in clubs, groups, sports or activities outside of school
	I keep myself safe by telling someone if I am being bullied in person or online
	I talk to others when I am feeling sad, depressed, anxious, hopeless or having difficulty sleeping
	I connect with others who have the same health conditions as me
	I talk to others about my feelings and concerns about transferring to adult care



