

Children's

HOSPITAL • ST. LOUIS

BJC HealthCare™

Adolescent Autonomy Checklist

Name: _____

Instructions: Read each item and place a mark in one of the first two columns: "can do already" or "needs practice." If you are not sure then mark "needs practice." If a question is not applicable to you, then skip it. Take your time and read through each item carefully.

Adolescent Autonomy Checklist

Can Do Already

Needs Practice

Plans to Start

Accomplished

STAFF USE ONLY

STAFF USE ONLY

				STAFF USE ONLY	STAFF USE ONLY
	Kitchen				
1.	Operate kitchen appliances (blender, microwave, toaster, dishwasher)				
2.	Use common kitchen tools (can opener, measuring cups and spoons, grater)				
3.	Set the table				
4.	Do the dishes				
	Nutrition				
5.	Able to read nutritional facts label and understand food pyramid				
6.	Know how to plan a meal				
7.	Know healthy fast food choices vs. unhealthy				
8.	Understand cooking abbreviations, equivalents, and substitutions				
9.	Make a food budget				
10.	Know how many glasses of water to drink daily				
	Laundry				
11.	Sort clothes				
12.	Use washer and dryer				
13.	Iron				
14.	Hand wash				

Adolescent Autonomy Checklist

Can Do Already

Needs Practice

Plans to Start

Accomplished

15.	Fold clothes				STAFF USE ONLY
16.	Removing stains				STAFF USE ONLY
	Housekeeping				
17.	Know when to change the sheets				
18.	Clean room				
19.	Minor repairs (change light bulbs, replace batteries)				
20.	Take out the trash				
21.	How to use household cleaners properly				
22.	Unclog the sink or toilet				
	Emergency				
23.	Plan fire exits and emergency procedures				
24.	Use a fire extinguisher				
25.	Know how to turn off water supply				
26.	Know community emergency telephone numbers				
	Personal Skills				
27.	Appropriate text messaging				
28.	Skin care				
29.	Manage personal grooming (shampoo, bath, shower, deodorant)				

Adolescent Autonomy Checklist

Can Do Already

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30.	Choose appropriate clothes to wear				
31.	How to care for teeth and gums				
32.	Obtained driver's license (if applicable)				
	Health Care Skills				
33.	Understand SCD and how it affects me				
34.	Know my hemoglobin type				
35.	Aware of existence of medical records, diagnosis information, allergies, etc.				
36.	Make own doctor's appointments				
37.	Prepare for dental appointments				
38.	Know when to call the doctor				
39.	Get myself to and from the doctor's office (e.g. take metro)				
40.	Understand the different health complications associated with SCD (e.g. stroke, acute chest)				
41.	Prepare questions for doctors, nurses, therapists				
42.	Understand the blood (red blood cells vs. white blood cells)				
43.	Know medications and what they're for				
44.	Take medications as prescribed (i.e. 2x a day)				
45.	Take medications on my own (i.e. do not need a parent to remind you)				

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STAFF USE ONLY

46.	Get a prescription refilled				
47.	Keep a calendar of doctor, dentist appointments				
48.	Understand IEP				
49.	Understand transition plan of IEP				
50.	Understand "504 plan"				
51.	Pharmacological management of pain				
52.	Techniques for non-pharmacological management of pain				
53.	Know height, weight, birthdate				
54.	Know how to read a thermometer				
55.	Know various treatments for SCD				
56.	Know types of sports that can trigger pain				
57.	Know when to get a complete blood count (CBC) and other tests				
58.	Have genetic counseling if appropriate				
59.	Know how drugs/alcohol affect SCD				
60.	FEMALES ONLY: Take care of own menstrual needs and keep a record of monthly periods				
61.	Considered finding a doctor I will use for my adult hematologist				
62.	Carry medical coverage and other identification with me				
63.	Know the difference between primary care and specialists, and what each provides				

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64.	Understand the meaning of "co-pay"				STAFF USE ONLY
					STAFF USE ONLY
	Sexual Development				
65.	Prevent contracting HIV/AIDS and sexually transmitted diseases (STDs)				
66.	Know the different types of STDs				
67.	Difference between healthy vs. abusive relationships				
68.	Procedures for reporting sexual abuse				
69.	Discuss sexual activity with primary physician				
70.	Know how to engage in safe sex				
	Money Management				
71.	Create a monthly budget and/or weekly budget				
72.	Understand credit cards				
73.	Open a bank account				
74.	How to write a check				
75.	Checkbook register				
76.	Understand credit history and how to obtain credit report				
	Leisure Time Skills				
77.	Help plan a party				

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				STAFF USE ONLY	STAFF USE ONLY
78.	Have a list of hobbies/activities you can do for fun or when sad/angry				
79.	Practice yoga and/or meditate				
80.	Read a book				
81.	Go for a walk				
82.	Volunteer				
83.	Create a scrapbook				
84.	Go to camp				
85.	Attend school functions (plays, dances, concerts, sports)				
86.	Go to church				
87.	Watch a movie				
88.	Keep a calendar of events				
89.	Go to the mall				
	Vocational/Technical Options				
90.	Contact school Guidance/ Voc Rehab Counselor				
91.	Check on local workshops/job opportunities				
92.	Get information from community colleges				
93.	Learn how to apply for a job				
94.	How to prepare a resume				
95.	Interview skills (e.g. what to wear)				

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				STAFF USE ONLY	STAFF USE ONLY
	Living Arrangements				
96.	Know how to find an apartment				
97.	Understand leases				
98.	Know the responsibilities of a tenant & landlord				
99.	Know how to decorate an apartment				
100.	Know how to rent a house or apartment				

<input type="checkbox"/> Date Seen	Skills to Start/Practice (e.g. # 5, 10, 45, 18)	Next Appointment

Contact Number: _____ Mobile Home Is it okay to leave a message Yes No

Best Time to Call: _____ AM PM