



## Teen Transition Guide

### **Ages 12–14 (Early Adolescence)**

- I can describe my health condition
- I can name my medications, the amount and times that I take them
- I can describe the common side effects of my medications
- I know my doctors' and coordinators' names and roles
- I can use and read a thermometer
- I can answer at least one question during my healthcare visit
- I can call my doctor's office to make or change an appointment
- I can describe how my health condition affects me on a daily basis

*The Teen Transition Guide has been adapted from the Vera Moulton Wall Center for Pulmonary Vascular Disease at Lucile Packard Children's Hospital. The adaptation was reviewed by Robert Schilz, DO, PhD, Dunbar Ivy, MD and Michelle Ogawa, CPNC-AP.*

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