

Supported Health Self-Management Middle teen (14-17 years) and older teen/young adult

Check if done	General health topics 14–17-year-olds should know	Comments
	Knows about privacy rights and decision making	
	Can name their allergies and how to manage them	
	Can answer questions and brings up issues independently in clinic	
	Knows what a balanced diet and exercise are	
	Can describe their mental health and moods	
	Begins to talk about teen issues such as sexual health and relationships, choices around alcohol, drugs, and tobacco products	
	Added topics the 14-17 y/o and older teen should learn	
	Knows how to make or reschedule their appointments	
	Starts talking with their healthcare team via phone/MyChart	
	Knows where to get reliable information about health topics	
	Knows basics of sexual and reproductive health	
	Condition specific topics 14-17-year-olds should learn	
	Can explain their condition using the right terms	
	Can name meds, doses, and what they treat	
	Can watch for symptoms and treat them	
	Can describe what to do when they're sick or need urgent medical help	
	Can talk about school and friendships; talks with school team about condition, accommodations, and life impacts	
	Added disease/condition-specific topics for 14-17 y/o and older	
	Can name and describe the role of different members of their health care team	
	Knows about adverse side-effects and restrictions related to meds	
	Can order medicines and schedule treatments	
	Can explain other related conditions or health risks related to their condition	

Tips for teaching your middle teen (14-17y) through young adult (18-21y)

- Promote teamwork and peer learning by going to an education day, meeting other children who have similar conditions, or going to a camp or support group
- Review a written and/or electronic copy of their care plan with them
- Encourage interaction with technology as a communication platform and source of support (health-focused apps, online support groups, use MyChart)

New tasks for middle teen and young adult:

- Clear up any confusion about health/illness and treatments
- Can name meds and simple reasons for taking
- Review a written or electronic copy of their care plan with them
- Knows equipment needed for treatment(s)
- Focus on detailed concepts about their chronic condition, body functions, and symptoms

At 14-17 years:

Use different teaching approaches to guide teens and young adults including active, experiential, directive, questioning, and peer-based learning.

- Encourage them to attend part of their visit by themselves
- Step back into a self-management advocate and coaching role
- Give them a written/electronic copy of their care plan, and review changes based on their goals
- Encourage interaction with technology as a communication platform and source of support

At 18-22 years:

- Encourage them to attend clinic visits by themselves
- Step back into an advocate/coach role
- Give them a written or electronic copy of their care plan with options for keeping it updated