Moving on...with Diabetes ADOLESCENT KNOWLEDGE & SKILLS CHECKLIST (AGES 17-18 YRS)

(TO BE COMPLETED BY THE ADOLESCENT AND BY THE PARENT)

Use this checklist to help you evaluate your knowledge and skill level in **managing** your diabetes. It will help you to identify those areas where new information or a review is needed. If you have questions about any area, talk to your Diabetes Health Care Team. They are always available to help.

Name:	Age: Month/Year Complete			ed:		
PART 2: LIVING WITH DIABETES						
a) Lifestyle			3122 T	Ţ		

	Got it	Need 😘	Not
Knowledge/Skill	Covered	Need ()	Applicable
Sexual Health and Birth Control			
Planned Pregnancy			
Smoking and Diabetes			
Alcohol and Diabetes			
Drug Use and Diabetes			
Dating and Diabetes			
Travel and Diabetes			
Driving and Diabetes			
Diabetes and Eating Disorders			
Diabetes and Depression/Anxiety			

TAKING RESPONSIBILITY FOR MY HEALTH CARE

b) Routine Follow-Up

Knowledge/Skill	Got it Covered	V	Need Update	Not Applicable
Making and Keeping Appointments				
Flu Vaccine and Other Immunizations				
Filling Prescriptions/Who Can Renew Prescriptions				
Ordering Diabetes Supplies				
Drug Plans and Tax Credits				
Insurances				
Contacting Other Health Care Professional/Resource People				

(see other side)

LIVING ON MY OWN

c) Living On My Own

Knowledge/Skill	Got it Covered	V	Need Update	Not Applicable
Grocery Shopping				
Cooking/Meal Preparation				
University/College Life				
Apartment/Residence Living				
Finances and Budgeting				
Finding Reliable Diabetes Information/Resources				
Emergency Situation/Contact #s				

If there are things you are confused/unsure about, make a list below; talk to your Diabetes Care Team.