



# Sample Plan of Care

## Six Core Elements of Health Care Transition 2.0

**Instructions:** This sample plan of care is a written document developed jointly with the transitioning youth to establish priorities and a course of action that integrates health and personal goals. Motivational interviewing and strength-based counseling are key approaches in developing a collaborative process and shared decision-making. Information from the transition readiness assessment can be used to guide the development of health goals. The plan of care should be dynamic and updated regularly and sent to the new adult provider as part of the transfer package along with the latest transition readiness assessment, medical summary and emergency care plan, and, if needed, a condition fact sheet and legal documents.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Primary Diagnosis: \_\_\_\_\_

Secondary Diagnosis: \_\_\_\_\_

What matters most to you as you become an adult? How can learning more about your health condition and how to use health care support your goals?

Prioritized Goals	Issues or Concerns	Actions	Person Responsible	Target Date	Date Complete

Initial Date of Plan: \_\_\_\_\_

Last Updated: \_\_\_\_\_

Parent/Caregiver Signature: \_\_\_\_\_

Clinician Signature: \_\_\_\_\_

Care Staff Contact: \_\_\_\_\_

Care Staff Phone: \_\_\_\_\_