**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 young adult 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 self-care assessment can be used to guide the development of health goals. The plan of care should be dynamic and updated regularly.

Name: [ ] Date of Birth: [ ]

Primary Diagnosis: [ ] Secondary Diagnosis: [ ]

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

<table>
<thead>
<tr>
<th>Prioritized Goals</th>
<th>Issues or Concerns</th>
<th>Actions</th>
<th>Person Responsible</th>
<th>Target Date</th>
<th>Date Complete</th>
</tr>
</thead>
</table>

Initial Date of Plan: [ ] Last Updated: [ ] Young Adult Signature: [ ]

Clinician Signature: [ ] Care Staff Contact: [ ] Care Staff Phone: [ ]

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