

Janet T. Mills  
Governor

Sara Gagné-Holmes  
Commissioner



Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention  
11 State House Station  
286 Water Street  
Augusta, Maine 04333-0011  
Tel; (207) 287-8016; Fax (207) 287-9058  
TTY: Dial 711 (Maine Relay)

**Adolescents with special health care needs transitioning to adult health care**  
**Questions for ages 16-17**

Questions	Yes	No
Have I made my own doctor's appointments?		
Have I refilled my own prescriptions?		
Have I practiced filling out an Authorization to Release Information form?		
Have I discussed with my provider what my privacy rights are when I turn 18?		
Do I know my legal rights and HIPPA laws that will take effect the day you turn 18?		
Do I have the independent living skills I need when you turn 18? Examples: prepare meals, pay bills etc.		
Am I able make good decisions regarding my personal hygiene, diet and behaviors?		