



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?

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

Initial Date of Plan: _____

Last Updated: _____

Young Adult Signature: _____

Clinician Signature: _____

Care Staff Contact: _____

Care Staff Phone: _____