

Transition Readiness Tools

Transition readiness tools provide a method of assessment of self-management and related competencies for adolescents and emerging adults.

A variety of generic and condition-specific transition readiness measures have been developed. The links below are not meant to be exhaustive, but represent options that have been studied to develop evidence for construct validity.

The Society of Pediatric Nurses does not endorse the use of any one tool over another. Before selecting a tool, we encourage researchers and clinicians to review the tool and evidence to support validity to determine the best fit for their population of focus and context of care.

- [Am I ON TRAC for Adult Care? Questionnaire](#)
- [Boston Children's Hospital ADAPT survey](#)
- [Self-Management Skills Assessment Guide](#)
- [Readiness for Transition \(RTQ\) Questionnaire](#) (kidney transplant recipients)
- [STAR_x Questionnaire](#)
- [Transition Readiness Assessment Questionnaire](#)
- [UNC TR_xANSITION Index](#)