





## Transition to Adult Health Care for Youth with Special Health Care Needs

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About Transition to Adult Health Care





## Learning Objectives

- Recognize transition as a process that occurs over time
- Identify what young people need to know and do as part of this process
- Understand how a team approach can be effective for all involved
- Discover some potential resources to assist in the transition process




## By the Way...

- Comprehensive
- Coordinated
- Collaborative
- Integrated
- Patient and family centered
- Primary care as a base
- Reflects the Medical Home Approach




## Transition is a Process

- Gradual, requiring ongoing attention
- Occurs mostly in small steps forward – and sometimes a few steps backward
- Benefits from using ordinary, every day situations as learning opportunities
- Requires patience and practice!



## Our Motto


- Start Small
- Start Slow
- Start Now



## And Remember

*“Experience is the name everyone gives their mistakes.”*

-Oscar Wilde



## What Youth Need to Know

- Everyone has health care needs
- We all learn about our health care needs
- We all do better when we are encouraged to ask questions, share our concerns and express our opinions

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## What about Youth with Special Health Care Needs?

- Understand their own condition and the treatment or intervention needed
- Explain their condition and needed treatment or intervention to others

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Maternal Child Health Bureau

## In Addition..

- Monitor their health on an ongoing basis
- Ask for guidance from their pediatric health care providers on how and when to make the move from pediatrics to adult care

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## Also..

- Learn about the systems that will apply to them as adults, such as:
  - health insurance (private or medical assistance) and its importance
  - social security and other programs
  - as well as issues like guardianship and power of attorney for health care

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Maternal Child Health Bureau

## And finally...

- Identify both formal and informal advocacy services and supports they may need in order to be as independent as possible but utilize trusted advisors /mentors

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