

Healthcare Transition

STAY

A STEP

AHEAD



Healthcare Transition is the change from a PEDIATRIC model of care (parents and caregivers make most decisions) to an ADULT model of care (most adults make their own healthcare decisions).

Step 1: Start talking transition

Age 12-14

- Know the names of doctors and reasons for seeing them.
- Allow time for the youth patient to meet with the physician alone.
- Fill out a checklist to prepare for adult healthcare.

Step 2: Be in the know

Age 15-17

- Youth, families, and doctor need to know youth's
 - unique medical needs
 - communication style
 - disability
 - diagnosis
- Youth and family need to learn about privacy and consent before age 18.



Step 3: Transition to adult care

Age 18 & up

- Ask current doctor to recommend doctors who care for adults.
- Check on insurance coverage.
- Be sure medical records are sent to adult doctor(s).

Health Transition Wisconsin: healthtransitionwi.org
Wisconsin Regional Centers for Children and Youth with Special Healthcare Needs:
dhs.wisconsin.gov/cyshcn/regionalcenters.htm

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RESOURCES

Wisconsin Resources

- **Build Your Bridge** - Training for families available through Wisconsin Regional Centers for Children and Youth with Special Healthcare Needs dhs.wisconsin.gov/cyshcn/regionalcenters.htm
- **Bridging the Gap** - Presentation at conferences and for community groups
Email: healthtransitionwi@waisman.wisc.edu
- **Closing the Gap** - Training and technical assistance for medical practices to develop & implement healthcare transition strategies
Email: healthtransitionwi@waisman.wisc.edu

Got Transition & National Resources

- **For Families** – 5 steps to prepare for Health Care Transition
gottransition.org/resource/?five-steps-prepare-for-hct
- **For Youth and Young Adults** – Navigate the transition journey and get answers to your questions about moving to adult healthcare.
gottransition.org/youth-and-young-adults/
Sample Transition Readiness Assessment for Youth
gottransition.org/6ce/?leaving-readiness-assessment-youth
Take a quiz: Are You Ready to Transition?
gottransition.org/youth-and-young-adults/hct-quiz.cfm
- **For Parents and Caregivers** – Find out how you can help your child move to the adult healthcare system.
gottransition.org/parents-caregivers/
Take a quiz: Is Your Youth Ready to Transition to Adult Health Care?
gottransition.org/parents-caregivers/hct-quiz.cfm
Sample Transition Readiness Assessment for Parents/Caregivers
gottransition.org/6ce/?leaving-readiness-assessment-parent
- **For Healthcare Providers**
Learn about the Six Core Elements™ that introduce a structured process to implementing youth to adult health transition for youth and young adults with and without special health care needs.
gottransition.org/six-core-elements/
American College of Physicians Condition-Specific Tools: <https://www.acponline.org/clinical-information/high-value-care/resources-for-clinicians/pediatric-to-adult-care-transitions-initiative>

Healthcare Transition is a process that takes time and involves youth & families, pediatric & adult providers and coordination with other transition activities.