



### **Preparing for Healthcare Transitions**

As they become young adults, most youth who have received health services from pediatric providers will have to make transitions to adult care settings. Being successful in school, on the job, and in the community requires that youth are healthy. Therefore, it is important to look for opportunities to help each individual (to the greatest extent possible) be prepared to accept the responsibilities that go along with adult health care.

#### **Some key things to keep in mind:**

**Start early!** Young people can learn valuable skills when they have the opportunity to do these things (or direct others to assist them in doing these things):

- Discuss their health conditions with others
- Communicate their health care needs to others
- See the doctor alone
- Self-manage their care
- Make (or assist in making) health care decisions
- Be a part of planning and understanding the transition process

**Teach and Prepare!** Youth who learn how to prepare for a health visit and how to interact with their health care providers will find the transition process easier. Young people can:

- Prepare their own questions to ask of health providers
- Make their own appointments
- Give assent (verbally) or consent (in writing) to treatment
- Present their insurance card, and be aware of co-payments
- Take medication, and call in refill requests
- Follow therapy protocols

**Understand the importance of medical records!** Having access to critical health information is empowering when managing complex health issues. Help young people collect and maintain up-to-date records by:

- Keeping a written record of medications used
- Keeping provider contact information, including preferred methods of communication (phone calls versus emails for questions, etc.)
- Developing a tracking system for supplies, including vendor contact information
- Keeping written records of all equipment used, including vendor information and serial numbers
- Maintaining all insurance information in one place
- Including Emergency Planning information
- Consider using our Care Notebook (<http://www.familyvoicesal.org/resources-frm-CareNotebook.php>)