

## Are You Planning for Health Care Transition?

Enhance success by planning ahead and getting ready for the changes to come.

**P**lan to take time to help your child or youth practice building skills needed for independence.

**R**eady yourself and your child or youth for the changes to come.

**E**ase the transition by starting at an early age to look at what is needed (supports, adaptive toys/computer, devices) to help your child or youth do things on their own at home, at school, on the job and in the community.

**P**articipate in your child's Individualized Education Program (IEP) and transition planning meetings. Try to include health care goals in your child's plan.

**A**sk doctors and nurses to talk to your child or youth about his/her health condition, treatment, medicine and plans for moving to adult doctors.

**R**ealize it is important for your child or youth to know about his/her health condition/disability to be able to advocate or speak up on his/her own.

**E**mpower your child or youth to help reach goals and dreams.

## DSCC Resources

Listed below are tools at DSCC to help guide you during transition. Ask your Care Coordination Team to send these to you or find online at <http://internet.dsccl.org/dscclroot/parents/transition.asp>

**Transition Milestones Skills Lists**—Use these tools to figure out what skills your child or youth already have and the skills they need to work on. These lists look at the following planning areas:

- ★ Education
- ★ Health Care
- ★ Financial
- ★ Living
- ★ Employment
- ★ Social

**Skills, Tips and Tools**—Can be used to build new skills, empower and help with transition planning.

### For More Information Contact DSCC at:

3135 Old Jacksonville Road  
Springfield, Illinois 62704-6488

Toll-Free: 800-322-3722

Fax: 217-558-0773

Phone: 217-558-2350

TTY: 217-785-4728

Web: [www.uic.edu/hsc/dsccl](http://www.uic.edu/hsc/dsccl)

# PLAN for the FUTURE



**Plan** On my own College  
Self-Advocate **Healthy**  
**Job Coach** Leisure  
Adulthood **Job** Abilities  
Aspirations **Friends**  
**Career** Recreation  
Access **Explore** Assistive  
**Technology** Transportation  
Support Group  
**Independence** Goals  
Work **Skills** **Strengths**  
**TRANSITION**

# What is Health Care Transition?

Health care transition helps teens and young adults with chronic health conditions plan the move from child-centered to adult-centered health care.

This includes:

- ★ Building skills by planning at a young age to get ready for adult life.
- ★ Taking steps that help get ready for the changes to come.
- ★ Getting adult-centered health care.
- ★ Shifting tasks from the parent to the youth.
- ★ Helping youth learn to make their own health care decisions.



## How Can DSCC Help?

### *DSCC care coordination can help by:*

- ★ Sharing resource and referral information in areas of medical care, education, finances, living, social and employment.
- ★ Finding answers to questions about medical conditions.
- ★ Working along with doctors and nurses to promote health and prevent disease.
- ★ Giving support and tools to help build self-care skills.
- ★ Offering funding information for items to help with independence.



*Transition planning helps your student sort through the maze of resources, overcome the gaps in services, and start him or her on a productive path. It's a lifeline to adulthood."*

*- A Parent, 2005*

### Transitions Take Place When:

- ★ Beginning school (Pre-K and Kindergarten)
- ★ Moving into new schools, advancing grade levels and going away to college or trade school
- ★ Working with new services or programs
- ★ Starting a job
- ★ Changing to new doctors
- ★ Learning new independence skills
- ★ Driving or learning to use transportation systems on your own
- ★ Moving to a new living environment



*Transitions involve changes, adding new expectations, responsibilities, resources and letting go.*