

## Are you planning for Medical Transition?

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

- P**lan to take time to help your child/youth learn and build new skills.
- R**eady yourself and your child/youth for the changes to come.
- E**xpectations and settings will change. Begin planning how to meet the new expectations and the accommodations needed in different settings.
- P**ractice to build self-care skills, communication skills, self-advocacy skills and other skills needed for independence.
- A**sk medical providers to talk directly to your child/youth about his/her health condition, treatments, medications and plans for moving to adult providers.
- R**ealize it is important for your child/youth to know about his/her own health care in order to reach his/her fullest potential.
- E**xperience will assist in reaching independence.

## DSCC Resources:

The list below are the tools on hand at DSCC to help guide you during the transition process. Ask your care coordinator to send any of these to you:

- ✓ **Transition Timeline:** Gives ideas to help children/youth achieve independence in health care and other areas of life as they grow.
- ✓ **Transition Work Sheet:** Helps parents and youths plan for adult life.
- ✓ **Transition Informational Sheet for Families:** Offers ways children/youth can play a part in their own health care.
- ✓ **Developmental Teach Sheets:** Discusses ways to stay healthy, become independent and plan for the future and much more.
- ✓ **Health Care Checklist:** Helps identify the skills needed to manage one's own health care.
- ✓ **School to Work Checklist:** Suggests activities to help plan for independent living, employment and further education after high school.
- ✓ **Employment Information Sheet:** Gives you information about employment options.

# Preparing for the Future



UIC

Division of Specialized Care for Children



## What is Medical Transition?

Medical transition is helping teens and young adults with chronic health conditions plan the move from child-centered to adult-centered health care systems. This includes:

- ★ Promoting independence through planning at a young age to get ready for adult life.
- ★ Taking steps that help prepare for the changes to come.
- ★ Continuing health care with adult health care providers.
- ★ Shifting responsibilities from the parent to the youth.
- ★ Helping youth and young adults learn to make their own health care decisions.



## How can DSCC help?

DSCC coordinates medical services and advocates for children and youth with special health care needs. DSCC care coordinators can help by:

- ★ Providing resource and referral information in areas of medical care, education, finances, living arrangements, social/recreation and employment.
- ★ Finding answers to questions about medical conditions.
- ★ Working along with health care providers to promote health and prevent disease.
- ★ Giving information and a list of activities to help build self-care skills and independence.
- ★ Providing funding resources and referral information on Assistive Technology to help with independence.

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

## Major transition times:

- ✓ School age
- ✓ Teen years
- ✓ Adult life

## Other transitions may include:

- ✓ Moving into new programs, new schools and grades
- ✓ Working with new agencies
- ✓ Working with new care providers
- ✓ Making new friends

